BBC
goodfood
Middle East
June/July 2021
DHS15
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Your perfect Summer menu

Creamy pesto & kale pasta

+ Fennel-roasted cauliflower with quinoa
+ Coconut French toast with spiced roasted pineapple



PACK A PICNIC!

Cooking with kids

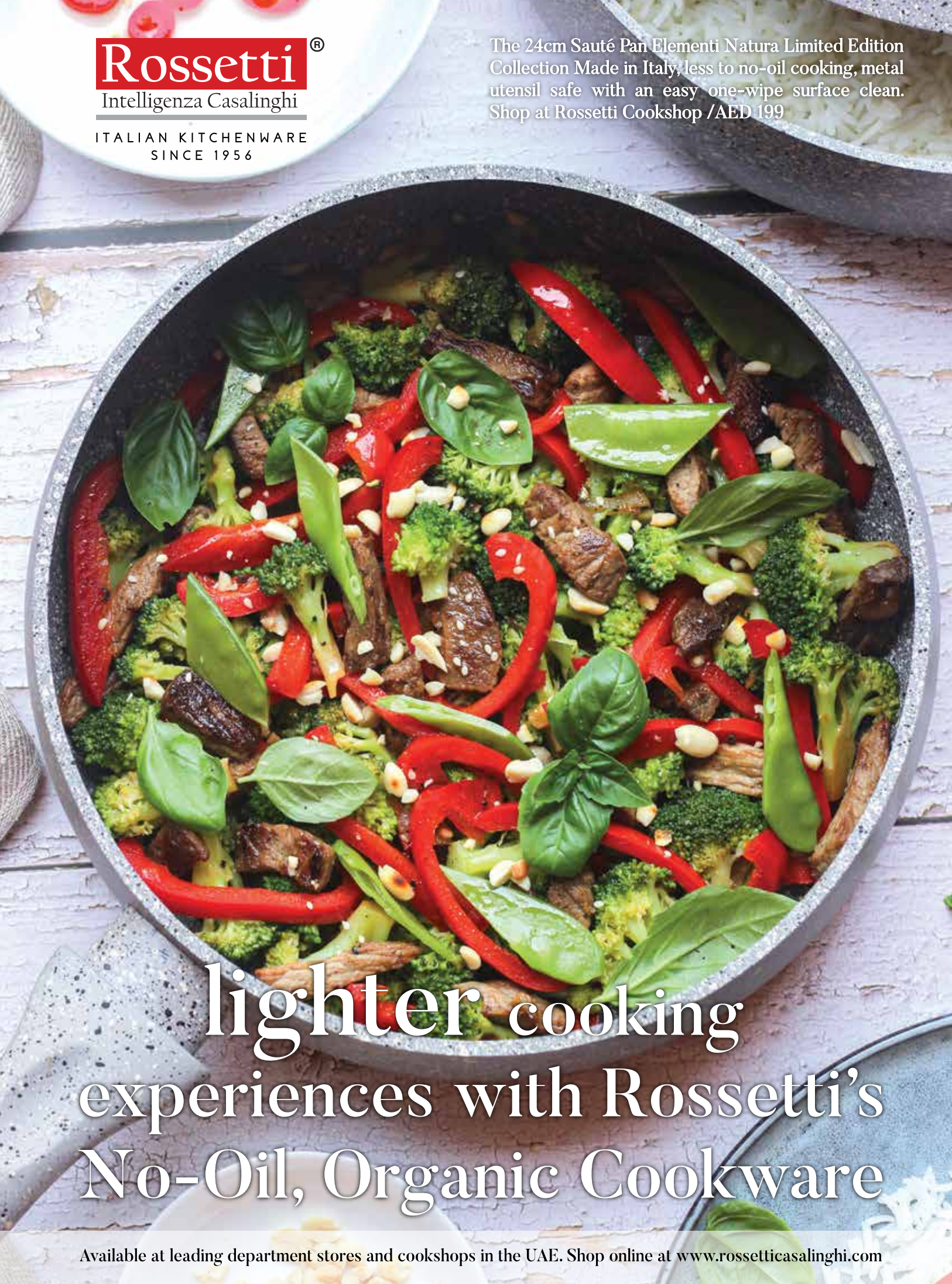
- *Mini cheese & onion pasties*
- *Deep-dish meatball marinara pizza*
- *School-days sprinkle sponge*

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Welcome!



The summer of 2021 has officially begun! Brunch is back, Euro Cup 2020 is on, and countries across the world are gradually opening up their borders for travel. It's also that time of year when produce aisles come alive and vibrant, fresh seasonal fruit and veg beckon, so do make use of it - our Summer kitchen recipe feature offers plenty of inspiration (page 45).

Since the children are off from school, the June-July issue is packed with family-friendly meals (page 20), a deep-dish pizza for cosy movie nights (page 28), indoor picnic ideas (page 68), indulgent pancakes that kids will devour (page 30) and a midweek bake adorned with sprinkles (page 32).

Can't find a gift for dad? Cook him a special meal this Father's Day (page 38) and don't forget to take a photo and tag us on social media! We love seeing your creations.

As usual, the June-July issue also features clever cooking tips, ways to reduce food wastage, wholesome meals packed with nutrients and the latest news and dining hotspots in the UAE.

Stay safe and happy reading!

Nicola Monteath
Editor

WHAT WE'RE LOVING!



This Linguine with avocado, tomato & lime is quick and easy for a last-minute summer lunch. I prefer it cold, with leftover pasta," says Sales manager, Liz.



Digital editor, Serena says: "A stack of pancakes is one of my favourite weekend cheat meals. You just can't go wrong with a Build-your-own chocolate and peanut butter pancake."



"I can't wait to try this Deep-dish pizza and experiment with various toppings, now that I have the perfect base," says graphic designer, Froilan.

BBC goodfood Middle East

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86 Gift vouchers, meals and plenty more.



Our recipe descriptions

V Suitable for vegetarians.
❄ You can freeze it.
Not suitable for freezing.
Easy Simple recipes even beginners can make.
A little effort These require a bit more skill and confidence – such as making pastry.
More of a challenge Recipes aimed at experienced cooks.
Low fat 12g or less per portion.
Low cal 500 calories or less per main.
Superhealthy Low in saturated fat, 5g or less per portion; low in salt, 1.5g or less; and at least one of the following: provides one-third or more of your daily requirement of fibre, iron, calcium, folic acid and/or vitamin C, or counts at least one portion of your recommended 5-a-day fruit and veg.
Good for you Low in saturated fat, low in salt.
Heart healthy Low in saturated fat, with 5g or less, and low in salt, with 1.5g or less, and high in omega-3 fatty acids.
1 of 5-a-day The number of portions of fruit and/or veg contained in a serving.
Vit C Iron Omega-3 Calcium Folate Fibre
Indicating recipes that are good sources of useful nutrients.
GLUTEN FREE Indicates a recipe is free from gluten.
Some recipes contain pork. They are clearly marked and are for non-Muslims only. Look for this symbol:
P Contains pork.

YOUR SAY

We love hearing from you!

STAR LETTER



Both the vegetarian soups and the no-cook meals were great. I'm currently switching back to a regime of keto meals, because it helps a lot with productivity, previously helped with fasting periods, and generally helps big time with weight loss. But it's very tiring to eat the same meal over and over again and difficult to find something that is keto-safe to cook, especially with the heat playing up again. Pages 64 to 68, in particular, were extremely helpful to get inspiration for recipes with a lot of veggies that are easy and filling. Thanks for that!

Floris Walls


waste less food

use up your leftovers

Crème fraiche

Leftover roast lamb

7 ways to use up veg ends and scraps

The *Use up your Leftovers* feature in last month's issue was an inspiration. In the spirit of everyone becoming a chef, I rummaged through the kitchen looking for ingredients to use. I created Mexican fish wraps for the whole family, which brought the table alive with spices and aromas. For dessert, the ice cream recipe was a welcome cooler. I whipped it up with fruit salad, crème fraiche and rose syrup, and popped it in the freezer, serving it with pistachios and kunafa. From now on, waste less food will be imprinted on our kitchen philosophy.

Khuram Majid



I absolutely enjoyed the Eid meals feature, particularly the roast aubergine with yogurt and harissa. I love the flavour it gives and the many ways in which I can play around with it. Using Greek yogurt instead of regular yogurt makes such a huge difference!

Brandon Joseph

WIN!

AN EAT BETTER FOODS HAMPER WORTH OVER AED500

Eat Better Foods, the natural, plant-based and gluten-free homegrown food brand, is quickly becoming a kitchen staple. On a mission to empower households in making better choices, the brand offers nourishing alternatives to much-loved dishes. Containing no preservatives and additives, Eat Better Food's Coconut Wraps in original and spinach flavours feature only six components, and make an incredible grain-free and a vegan alternative to standard tortilla wraps; their light Pizza Crust is only 70 calories a piece; and their newest innovation is the Almond Mylk base, an all-natural, dairy alternative made from just almonds. To get you started on your journey towards a healthier lifestyle, Eat Better Foods is offering a hamper filled with goodies such as Original Coconut Wraps, Spinach Coconut Wraps, Frozen Pizza Crusts and Almond Mylk base jars. *Find Eat Better Foods at Kibsons, Spinneys and Waitrose.*

To send in your Star Letter and win this prize, visit the Competitions page on bbcgoodfoodme.com



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TALK TO US!

Email us on feedback@bbcgoodfoodme.com
with your thoughts and comments, and send us your photos with your copy of BBC Good Food ME!

You can also connect with us on social media! Find us on: **@bbcgoodfoodme**

Or, you could write to us at: The Editor, BBC Good Food Middle East. Grosvenor Business Tower, Barsha Heights, Office 804 PO Box 13700, Dubai, UAE.



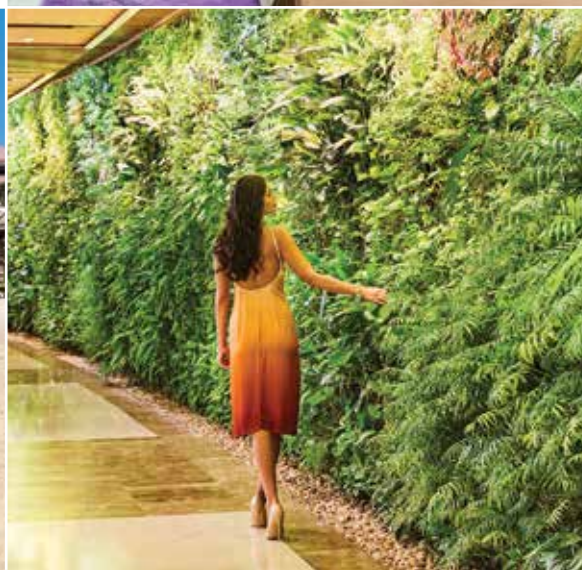
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NEWS *nibbles*

What's hot and happening in the culinary world, in the UAE and across the Middle East



A SPICY TOUCH

Conceptualised during COVID, with the official launch in August 2020 – to raise money for Lebanese families in Beirut – SHauce was created out of a serious craving for a particular type of chilli sauce made by the founder's mother-in-law. With more time at home and travel restrictions in place, Rasha and Salah Shamma took to the kitchen to recreate a family recipe that has been passed down for generations. The range comprises three unique sauces, including the Original (Middle Eastern inspired chilli condiment made from a mix of beautiful red chillis, garlic and spices); Umami Crunch (a garlic-infused Chinese chilli oil with fried garlic and onions, peanuts, sesame seeds, chilli flakes, fish and soy sauce); and Chilli Jam, all of which add the right amount of heat and pair well with rice bowls, noodles, eggs, fish, sandwiches and burgers.

Visit @shauce_ae on Instagram for more information.



Local plant-based food brand, Eat Better Foods, offers a range of gluten-free wraps and pizza crusts. For a wholesome alternative to tortilla wraps, try the Original or Spinach coconut wraps that are plant-based, gluten-and grain-free.

Available at Kibsons, Spinneys, and Waitrose.

THE BEST BITES



Hadid caviar is now available in the UAE! Founded by Mohammed Hadid, this caviar is processed using the traditional Malossol (lightly salted) method that's sought out globally. The brand's farms are equipped with advanced technology, with the ability to simulate the sturgeon's natural environment. Choose from six varieties, including the Silver Edition (Baerii caviar) with flavours that capture the essence of nut and mushroom, finishing with butter notes, or the Sultan's Edition (Almas caviar) which is undoubtedly the world's most exclusive and coveted caviar, that boasts a refined texture and subtle nutty tones.

Order online at hadidcaviar.com.

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ECO-FRIENDLY ALTERNATIVE

Future Farm unveiled their latest product, Future Chicken, that utilizes True Texture Technology, which enables recreating the same fibrous texture as regular chicken. The product is available in small pieces that resemble chicken breast, each portion guaranteeing similar texture and softness. The brand also uses natural extracts to ensure a neutral flavour, providing versatility. The chicken is made up of non-GMO pea-and-soy protein and boasts 18g of protein per serving, 0 per cent cholesterol and 0 per cent saturated trans-fat.

Available at Carrefour, Choithrams, ShopKitopi and Organic & Real.

HYDRATE SUSTAINABLY



The next time you stop by a store or gas station for a drink, look for the Aquafina water in Expo 2020 Dubai-cobranded, fully recyclable aluminium cans and glass bottles. The packaging boasts a minimalist feel and glossy finish. In line with PepsiCo and Expo's joint commitment to sustainability, the cans and bottles offer a great alternative for eco-conscious consumers. Furthermore, PepsiCo - in partnership with Dulsco and Expo 2020 Dubai - will also collect and recycle waste generated on site during the event, supporting the Expo's goal of diverting a minimum of 85 per cent of waste from landfills.

Partake in the Say Yes challenge on all PepsiCo Arabia's social media channels.



#SUPPORTLOCAL

Inspired by the Arabic word for health, vitality and vigour, HAYAWIIA, a female Emirati-owned online retailer, has launched in the UAE, taking care of all your food and natural beauty care needs. Part of the Mohammed Bin Rashid Foundation, an initiative by the leaders of Dubai to foster the entrepreneurial spirits of Emiratis, HAYAWIIA is home to over 1,000 nutritious food and snack alternatives and all-natural beauty products from over 20 exclusive brands.

The one-stop-shop showcases vegan, vegetarian, dairy-free, gluten-free, wheat and grain-free, low sugar, low carb and keto-friendly options, making it easier to adopt a healthier lifestyle. Furthermore, in line with UAE's 2030 agenda for sustainable development, the brand ensures that no food supplies are wasted in the process, all product packaging is recyclable and decreases carbon footprint by increasing their supply chain efficiency to employ creative solutions for sustainability. Additionally, the customer "Thank you" notes are made with eco-friendly seed paper embedded with flower, herb or vegetable seeds which can be planted.

Visit hayawiia.com.

TIME FOR CHAI



You can now brew a cup of aromatic chai at home, with the newly launched Chai Kits from renowned homegrown concept, Project Chaiwala. Take your pick from The Karak Kit, featuring their ever-popular OG Karak (an authentic milk tea) or the Magic Masala Kit which boasts an in-house blend of organic black tea, cardamom pods, ground ginger and cloves. Both kits include a strainer, pot and a sustainable kulhad cup, to make your chai experience all the more fun.

Available at Project Chaiwala retail stores and projectchaiwala.com.

top buy

From tableware to gifts, here's our list of most wanted items to make dining and entertaining all the more fun



Dress your table with delicately hand-painted pieces in gorgeous Moroccan patterns. Each bowl features 12-carat gold embellishments, providing an elegant touch to a chic picnic at home. *Zwak bowl (AED 85) and six decorated glasses (AED330) at Beldi-bazaar.com.*



Looking for a unique gift for a baker? Look no further than this customised apron. *AED100 at The Lumière Co.*

You can't go wrong with a hamper for Father's Day. Chocoholics will love the assortment of confectioneries, while those on the healthy eating bandwagon can tuck into a hamper filled with organic date bars and wholesome treats. *AED199 each at Marks & Spencer.*





This textured Rat Pack bowl (Large) will enhance a kitchen counter or entryway console - use it for keys and bits and bobs that you grab on your way out the door. *AED1,200 at Interiors.*



Whether it's a housewarming or birthday gift, you can't go wrong with this adorable Nespresso machine in collaboration with renowned fashion and lifestyle entrepreneur, Chiara Ferragni. The machine and accessories have been given a Chiara makeover, seen in the well-known eye details. The range includes the Nespresso x Chiara Ferragni Essenza Mini to celebrate her love for Ispirazione Roma coffee, limited-edition Nespresso x Chiara Ferragni Aeroccino 3 to elevate your espressos into a hot or cold frothy milky coffee, a Coffee mug with vibrant pops of colour and the Nomad Travel Mug in a gorgeous pastel pink, for those always on the go.
Available at Nespresso boutiques.



Gather the ladies for afternoon tea at home, complete with scones and sandwiches served on these gorgeous pink plates. *AED115 (big plate) and AED79 (small plate) at Anthropologie.*

Flavours of the month

What's hot and happening around town this month

PRATO

Sited at Trump International Golf Club in Damac Hills, is this new Italian destination that's sure to become a hotspot for its uniquely crafted menu and friendly ambience. Expect all-time favourites including Antipasti of Mediterranean cod, chickpea puree and waffle, rosemary oil and dry Leccino olives; Primi of Tortellini filled with pumpkin, Grana Padano cream, pine nuts and tarragon or Beetroot risotto with Gorgonzola cheese sauce. For the Secondi course, relish Spatchcock baby chicken with salty lemon, stuffed capsicum and traditional Apulian sauce, or Grilled Sea bass fillet with baked potato, tomato compote and oregano, to name a few. Finish your meal on a sweet note with a decadent, warm dark chocolate with hazelnut foam and pistachio ice cream.

Contact +9714 245 3988.

Roberto's, Gate Village, DIFC



Brunch season is in full swing, setting the tone for a summer to remember. For an authentic Italian experience, make a beeline for the legendary Roberto's Brunch complete with tunes from the DJ and a sublime modern menu to suit. Dishes are served sharing-style and à la carte, with vegetarian options available too. Whet your appetite with Antipasti including Tuna Tartare with avocado and wasabi cream, classic Burrata, or slow cooked Roasted Octopus, in addition to homemade Fettuccine with Canadian lobster and green asparagus, and Wild Forest Portobello Mushroom Risotto with shaved black truffle. For mains, choose from the Wagyu tagliata or oven-baked Sea bass in a sea salt crust. And for the finale, you can't go wrong with Tiramisu and La Mela and Lemon e Lemon.

Every Friday and Saturday from 1-4pm. AED295 inclusive of soft beverages, AED445 for house beverages and AED695 for premium bubbles. Contact +9714 386 0066.

Bull & Bear, Waldorf Astoria DIFC



The Bull of Wall Street brunch is back on Fridays, offering diners exciting, delish food with plenty of surprises throughout the afternoon. The house-band picks up the tempo with a set-list of classic covers from the 80's and 90's, while brunch-goers tuck into signature dishes such as Alligator Pear (pickled avocado, cilantro, pomegranate, kalamata rice cracker, gazpacho jelly), Wagyu Beef Tartare (house relish, slow-cooked egg yolk, saffron aioli, fine herb salad), Beef Rossini (braised short ribs, foie gras, mushroom ketchup, crispy shallots, truffle sauce), Prawn Cocktail (tiger prawns "a la plancha", Marie-rose sauce, wasabi crème, saffron aioli, Asian slaw), and a delectable dessert selection comprising Ring The Bell (chocolate fondant, dulcey crispy pearls, toasted marshmallow, basil ice cream, bitter chocolate sauce), Magnum cheesecake (nitro smoked trio of cheesecake with Valrhona raspberry, yuzu and dark chocolate) and the renowned Jackpot. The perfect setting to enjoy panoramic views across the city while indulging in contemporary twists on classic dishes.

AED450 inclusive of house beverages and select concoctions and bubbles, AED750 for the premium bubbles upgrade and AED290 inclusive of soft beverages. Contact +9714 515 9888.

Photographs SUPPLIED

PRATO



Giardino, Palazzo Versace Dubai

Embark on a Mediterranean journey with a sumptuous seafood feast. Every Wednesday, seafood lovers can tuck into the finest selection of sea harvest – from freshly shucked oysters, crab legs and lobster to sushi and sashimi options apt for summer. Live cooking stations ensure your choice of fish is cooked to perfection, with options such as cooked mussels, grilled lobster and seafood specials with Asian, Arabian and Indian flavours, available to tuck into, as you sway along to tunes from the DJ alongside the resident Saxophonist.

AED250 per person for food, AED280 inclusive of soft beverages and AED425 inclusive of selected house beverages. Contact +9714 556 8805.



Shang Palace, Shangri-La hotel Qaryat Al Beri, Abu Dhabi

Hotfoot to the limited-edition Shang Supper Club for traditional Chinese flavours in the capital. Showcasing a daily rotation of three types of appetisers, a soup, four main course dishes and a dessert, depending on the day of the week, you can tuck into barbecue honey chicken sausages, a traditional Chinese soup, Clay pot cooked ranger chicken thighs or beef ribs, and a scrumptious dessert.

Daily from 6-9pm. AED178 inclusive of soft beverages and AED228 with selected house grape, hops and signature concoctions. Contact +9712 509 8555.

Daddy's Smoke House Restaurant

All-year barbecue experience? Count us in! Al Barari community is now home to Daddy's Smoke House, where you can enjoy a Texan-style dining experience with a menu comprising Australian Angus and lamb, and USDA prime cuts. Relish smoked signature dishes such as brisket, in-house artisan pastrami, short ribs and chicken, burgers, and plenty more, with Daddy's Signature smoked sauce.

Contact +9714 220 1550.

Trèsind Studio



An ode to Indian flavours, the new menu titled Spice Odyssey truly exemplifies the humble yet diverse world of Indian spices, set against a dramatic grayscale backdrop. The intimate dining space has been transformed into a noir landscape, allowing the vibrant spice-led dishes to steal the limelight. Diners can enjoy a 14-course menu featuring Kebab scarpetta served gently bubbling over an individual flame, Buckwheat and onion kachori with buttermilk curry ice cream, and tender duck leg confit, fermented chilli and peanut butter, as the curry component of the culinary adventure. Crowd favourites such as the Courgette blossom chaat mille-feuille, Butter chicken broth and Turnip tartlet have remained on the tasting menu due to popular demand, while the signature first bite, a pani puri, has evolved into the Jal-jeera puri with sweet potato, preserved lemon and tangerine. The menu is teeming with gorgeous dishes and robust flavours, so we've left a few out for that surprise element.

AED495 per person. Contact +9714 308 0440.



UDN

The first udon house concept in Abu Dhabi, UDN, has opened its doors, serving Japanese specialties with freshly made udon noodles, including additional menu items such as traditional ramen and a moreish milk cake. Made in-house from scratch daily, the udon noodles are the star of the show, however, diners can also enjoy gyoza, tempura shrimp and mochi balls.

Contact +9712 4413 037.



Buddha-Bar, Grosvenor House Dubai

World-renowned Buddha-Bar unveiled their first-ever brunch titled Buddha-Bar 7th Heaven Brunch! The dining concept allows brunch-goers to enjoy Pan-Asian cuisine and creative beverages, with tunes from the resident DJ and live entertainment for a fun weekend vibe. The menu is split into four sharing platters: Tengoku (Heaven) Omakase Platter, Sora (Sky), Yugen (Seen but not Seen) and Kumo (Clouds) for desserts. Feast on Oysters with aji amarillo vinaigrette, Lobster dumplings with a creamy chilli crab sauce and Wok-Fried Australian beef tenderloin with Szechuan sauce, amongst other dishes. Diners can also choose from a sashimi selection, a Pan-Fried duck pancake with hoisin sauce or the Egg fried rice with garlic and spring onion, paired with Grilled marinated King prawns and mango salsa. Vegetarians and vegans can tuck into Green papaya salad with roasted peppers, togarashi and crispy rice, Dumplings, and Yakisoba noodles with vegetables, to name a few dishes.

Friday from 1-4pm. AED450 inclusive of soft beverages, AED525 inclusive of hops and grapes and AED625 for the all-inclusive house package. Contact +9714 317 6000.

Carna by Dario Cecchini, SLS Dubai Hotel & Residences



If you love an excellent cut of meat, we highly recommend dinner at Carna, the all-new contemporary-chic concept by the award-winning eighth-generation Italian butcher, Dario Cecchini. Dario's art of butchery is celebrated at the heart of Carna and hence, the idea that all cuts of meat can and must be utilised, takes centre stage. The elegant steakhouse features supreme cuts of the finest meat and the freshest of ingredients. Indulge in household specialties such as Dario's personal take on Tartare, made with his own olive oil; followed by the tender Bistecca alla Fiorentina (a Tuscan porterhouse steak). If you're in the mood for seafood, opt for plump shucked oysters, king crab or a seafood tower that's fit for a king. Along with an aging chamber with the finest cuts of beef on display, private dining rooms are available for intimate gatherings too.

Contact +9714 607 0761.



The Lobby Lounge, Shangri-La Hotel Dubai

Experience Breakfast & Blooms, a unique concept that makes weekend mornings all the more fun. Diners can enjoy a hearty meal at the chic setting, while a florist from Bella Fleur assists with a stunning floral bouquet to take home. Begin with a refreshing fruit juice from options such as orange, green chia, apple-celery-ginger, pomegranate and tomato, to name a few, or opt for a healthy blueberry, strawberry or elderflower smoothie. When the hunger pangs kick in, try the Berry bawl with strawberry, blueberry, raspberry, blackberry and red currants served with sugar dust, whipped cream and honey; seasonal fruit cubes with white chocolate, passion fruit and mint or yogurt served with granola, almond flakes, mango, mixed berries and walnuts. For fresh bakes, try the Danish pastries, croissants, muffins, brioche, doughnuts and more. You can also opt for classic eggs Benedict with spinach, avocado, smoked salmon, asparagus and truffle shavings topped with Hollandaise and all the usual sides (sausages, hash browns, grilled tomato and sautéed mushrooms).

Thursday to Saturday from 10am-12pm. AED150 per person. Contact +9714 405 2825.

Wanderlust, JW Marriott Marquis Dubai

The award-winning Wanderlust brunch is back, bringing that lively atmosphere that we've been looking forward to for months. Known to be a one-stop culinary journey around the world, the brunch features seven live stations and a variety of beverage stations. Experience #SomethingCiao at the little Italy corner or unlimited barbecue while grabbing one of Nathan's famous hot dogs all the way from New York. Expect fantastic live beats from DJ Adam J over an afternoon packed with excitement and impeccable food.

Friday from 1-4pm. AED425 per person, inclusive of house beverages.

Tried & tasted

Our top dining experiences this month



CMP BAR & GRILL

Nestled at the far end of The Pointe, on the magnificent Palm Jumeirah, is the inconspicuous CMP Bar & Grill. Formally known as Chicago Meatpackers, this restaurant is one to visit for genuinely good food, in a casual and friendly setting. Hence, inconspicuous.

As you chance upon the eatery, the first thing you notice is the remarkable front-row seats to the spectacular Palm Fountain and complete views of the stunningly lit Atlantis, The Palm. Housed over two floors, the upper section boasts a casual-chic lounge, while the ground features a cosy and elegant indoor dining area and spacious outdoor terrace.

Inspired by the infamous meatpacking district of Chicago, currently known as 'The Yards', the philosophy of the menu is 'Simple Done Right'. Before we begin, those who follow a plant-powered diet will be pleased to know that the venue offers options such as the Meatless short rib and Roast eggplant.

The highlights:

A rare balmy evening calls for al fresco dining. My dining partner and I can never resist a quick peek at the menu before making our way to a restaurant, so we knew just what we wanted to indulge in.

A worthwhile mention before we move on to the dining part of the evening, is the beverage list, with signature and classic creative concoctions. We sampled ginger, chilli, passionfruit, orange and cranberry-infused sips, that were surprisingly delightful. For those who prefer classic summer coolers, the freshly brewed iced teas, fruity mocktails and lemonades are a must-try.

If there's one dish to begin with, it's the Grilled bone marrow with hand cut crisps and chimichurri – the marrow literally melted onto our tongues. Don't be surprised if you find yourself using the last of every bit of crisp to scoop up this sinful treat. The soft, smoky Charred octopus with cauliflower skordalia and salsa verde arrived soon after, cooked to perfection, it married well with the tanginess of the salsa.

We opted to share the CMP salt moss aged NY strip, which is a 500g Irish grass-fed, 28 day dry-aged cut of meat served with two sauces and sides. This one is for true carnivores, the ones who appreciate the intense, earthy flavours and textures of beef. I prefer my steak at medium temperature, but we requested for this one to be done medium-rare to do justice to the cut. And it was spot on! The meat was simply heavenly, with each bite better than the last. To accompany the meat, we ordered Jalapeño lime buttered corn and Truffle mash; and Mushroom and béarnaise sauce – which did not disappoint.

If you have to choose just one dessert, opt for the Burnt Basque cheesecake. It was so good, that we simply dove right in.

The verdict:

Food of fine quality and taste, sips that pack a punch and a view that takes your breath away. A no-nonsense experience for hearty family-dinners, social get-togethers and romantic summer evenings. 'Simple Done Right' indeed!

Book now:

Sunday to Wednesday from 12pm-12am, Thursday from 12pm-1am and Friday to Saturday from 11-1am. Contact +9714 580 7983 or visit cmprestaurants.com.















IKIGAI RESTO & BAR

At the Millennium Place Marina, you will find the incredibly trendy Ikigai Resto & Bar with Japan's famous street side eateries or Izakaya as its inspiration. The fun social concept brings Asian cuisine with unconventional twists, synonymous with the culinary style of celebrated Chef and Restaurateur, Reif Othman - the consult on the venue's distinct menu. Along with Head Chef Minho Ted Shin, the culinary geniuses have curated a menu that offers true Japanese soul food.

From the moment we set foot into the eatery, we were captured by the artistic ambience. A stunning, vibrant mural, above booth-like seating sits one side of the restaurant's wall, while the main dining area features high tables with a well-stocked bar on one side and an open-plan kitchen counter on the other. The outdoor terrace with comfortable lounge-type seating looks out to the Dubai Marina. For those who have visited Japan, the space aims to take you right back.

We chose to be seated at the high tables and if you do too, do us a favour and look up, directly above your seat. The edgy décor, styled with wooden interiors and soft mood lighting is mesmerising.

The highlights:

From crispy snacks and raw seafood to indulgent mains and decadent desserts, Ikigai has a brilliant menu to offer. Our evening began with Mushroom tacos topped with truffle mayo. One juicy bite in, gave us the perfect gateway of what was to come. And we were right! Next up was a Spicy edamame, Hamachi with a citrus white ponzu and a lightly seared Salmon with jalapeño soy, a close contender for the star dish of the evening. But then came the Wagyu beef tataki with goma truffle sauce that swept us away. If you have to order just one raw dish, this takes the prize! If you're not a truffle fan (we can't be friends, sorry), try the Salmon with jalapeño soy.

Sashimi enthusiasts will be pleased to find Otoro, Hamachi, Unagi, Ikura and more. Fresh, silky smooth with a melt-in-your-mouth texture, this section of the menu will surely be your happy place.

Mains presented itself in the form of Grilled tiger prawns with all the umami goodness of kombu butter, and Bibimbap with marinated wagyu beef and an onsen egg. A sharing dish, the rice was mixed at the table and turned out to be quite a show. The stir-fried spicy ramen side with wagyu beef was as generous a portion as a main, and something worth writing about because the sauce had robust flavours with a slight kick.

We took a breather and sipped on innovative beverages with ingredients such as passion fruit, yuzu purée, cucumber syrup, green apple syrup and cranberry. The restaurant also offers fermented-rice beverages, among their extensive list of sips.

We absolutely could not have had another bite at this time but when the sweet potato semi freddo with fried mochi, and the Valrhona chocolate goma fondant with vanilla ice-cream arrived, we just had to try it and round off the meal with a spectacular ending.

The verdict:

Where purpose meets passion, there's Ikigai! Gather with friends and family for laid-back catch-ups, tempting sharing-style plates and chilled concoctions at a gorgeous contemporary setting.

Book now:

Daily, restaurant open from 12-11pm and bar from 12pm-1am. Contact +9714 550 8114. Visit ikigaidubai.ae.











JONES THE GROCER PALM WEST BEACH

If you haven't visited the stunning Palm West Beach, Dubai's latest beachfront promenade, on the Palm Jumeirah, you're missing out. Among the vibrant restaurants along the strip, is Jones the Grocer's first waterfront café featuring a wood-fired oven, pastry and sandwich counter, beach bar, and cheese and charcuterie walls; with impressive views of the Dubai Marina skyline.

Set on the water's edge, the pet-friendly food emporium and gourmet grocer greets diners with chic seaside vibes. Featuring indoor and terrace dining that combines a mix of casual café seating and bean bags, you'll come to find the eatery offers a relaxing ambience.

The highlights:

For the first few minutes, you'll find yourself utterly in awe of your surroundings. Visiting on a comparatively cooler night, we decided to sit at a table out on the terrace. It also so happened to be Jones The Grocer's new raclette night. Win-win for us cheese lovers! My dining partner opted for the recommended lemon-infused signature beverage, while I sipped on grape.

In no time, a picturesque, bespoke charcuterie platter with cheese, fruit, cured meats, pickled cornichons and onions, crackers and toasted bread, arrived at our table. Our favourite was the thinly sliced veal. Next up was a plate of sautéed potato and beef chorizo, topped with an aromatic, nutty and slightly pungent melted cheese that's meant to be dipped into while still hot. Did we mention this Wednesday evening deal comes with free-flowing grape?

The à la carte menu offers fresh, simple and appetising dishes created with artisanal ingredients. If you try just one dish, we recommend the hand-tossed, wood-fired 'Fun Guy' pizza with taleggio, fior di latte, gruyere, gremolata, truffled oyster and field mushrooms. Made with '00' flour and semolina, each bite was perfect, crisp and well-seasoned.

Although the dessert menu comprises various tempting options, we opted for Jones' classic carrot cake. Fluffy, incredibly rich and moist, the sweet treat took us back to dinner time at grandmas' home.

A specially curated grape list that celebrates the brand's Aussie roots is also available, along with a 'zero per cent' creative concoctions list. What makes a meal at this restaurant even more interesting? While you await your order, take a walk around and shop gourmet products such as small-batch chutneys and jams, single-origin coffees and plenty more.

The verdict:

Transporting you to a little beach town away from the hustle and bustle of the city, with lively music and good food. Perfect for a laid-back, scrumptious meal and stunning sunsets.

Book now:

Daily from 8-12am. Contact +97154 9986 162. Raclette Night on Wednesdays from 7 to 10pm at AED249 per person.

SOUL STREET

Sited at the striking FIVE Jumeirah Village, a property that stands out like no other in its vicinity for its spectacular and unique architecture, is the must-visit Soul Street.

From the moment you step into the hotel, you're greeted with catchy neon signs guaranteed to brighten up your day. A short elevator ride to the fifth floor, a walk down a winding corridor and you find yourself at this buzzing hotspot.

Soul Street is a whole different world, with glow-in-the-dark graffiti, beautiful art from international street artists, gorgeous decor and best of all, fantastic beats! When we spotted a staff member or two swaying to the music, we couldn't help but join in and instantly knew we were in for a night to remember.











The highlights:

We were lucky to meet the mastermind behind the eatery's kitchen, Head Chef Orlando Acevedo from Mexico's food capital, Puebla Mexico. Our evening began with a spread of indulgent bites, commencing with a juicy Shrimp kushiyaki with creamy chilli sauce and acar (a pickle of carrot, cucumber and shallot bits in vinegar); Beef bao with hoisin, spring onion, pickles and jalapeño; Crispy shell sweet yogurt bombs with tamarind chutney, mint chutney and pumpkin mash and one of our favourite dishes of the evening, Pulled-chicken tandoori empanadas with salsa verde, salsa roja, sour cream and pearl onions. A burst of spices, flavours and essences, each overflowing bite was crunchy, warm and utterly delectable - we could eat these all night long.

Another star dish was the tacos. Yes, the tacos. From beef and chicken to shrimp and more, each with its own distinct seasoning, these light bites will be a hit at your table. Better yet, the venue has a dedicated Taco Tuesday night every week!

Perfectly complementing our appetisers was a delightfully punchy sip with hot sauce for that welcome heat. The beverage menu also features a selection of hops and innovative concoctions.

For mains, we recommend the Kung pao prawns with cashew nuts; Tandoori lamb chops with mint chutney, pearl onions and charcoal butter; and Thai sea bass with glass noodles and shimeji mushrooms. Although we absolutely loved the succulent lamb chops and crisp sea bass, the kung pao prawns was a clear winner in this round. Perfectly cooked in a moreish sauce, it left us wanting more!

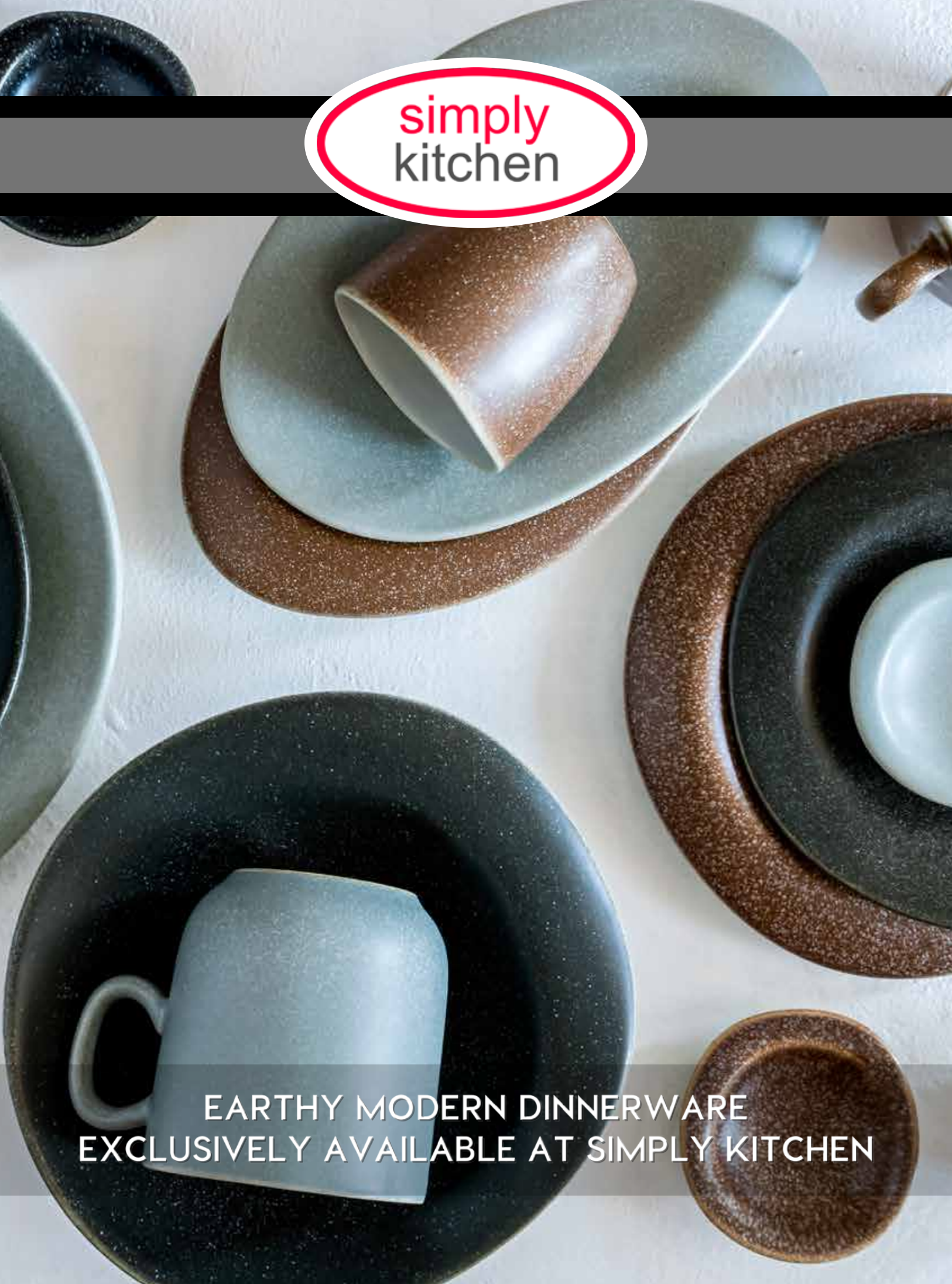
We couldn't say no to desserts, especially when it came in the form of an exclusive collaboration with two Michelin star Chef René Frank, where diners experience innovative creations inspired by the venue's concept. And believe us when we say, they are incredibly Instagrammable! If you have space to try just one, opt for the decadent Nitro Black Forest with chocolate mousse, cherry compote and vanilla foam. Featuring distinct textures and flavours, it's as indulgent as it gets. Adventurous food enthusiasts can tuck into the Pineapple masala with white chocolate mousse, granita and cilantro. It will not disappoint!

The verdict:

A must-visit concept for street art and street food lovers alike. Some of the most exciting fusion food we've had in a while, all in the form of authentic and mouthwatering Latin American, Indian, Asian, European and Levantine street food classics. Perfect for a night out with the gals or lads, an intimate celebration or party.

Book now:

Saturday to Wednesday from 12:30pm-2am and Thursday to Friday from 12:30pm-3am. Contact +97155 700 0515 or visit soul.st.


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CLEVER COOK'S TIPS

Discover how to store and freeze your veg, plus great ideas for using leftovers

words ESTHER CLARK

storing and freezing

COURGETTES



How to store Courgettes are best kept whole in the fridge or in a cool, dark place. Prepared courgettes, such as grated or ribboned, can be kept in the fridge for up to three days in a bowl, covered with a damp piece of kitchen paper to retain freshness and moisture.

How to freeze First, slice or chop the courgettes, then spread out on a tray. Freeze for three hours, then transfer to freezer bags and freeze for up to three months. They can be defrosted and added to dishes, or added into dishes frozen and cooked through.

TOMATOES



How to store It's best to keep them at room temperature. Putting them in the fridge halts the ripening process and can result in a loss in flavour. Do not leave them in hot, direct sunlight. Spread them out on a plate or a tray rather than piling in a bowl as otherwise tomatoes at the bottom may go mouldy or get squashed.

How to freeze Tomatoes can only be frozen once cooked. Try turning them into a simple sauce cooked with a little olive oil, then blitzed or kept chunky. Defrost at room temperature, then add garlic, chilli or herbs.

SPINACH



How to store Keep in the fridge, but at the front – too far back and the leaves may get too cold, even freeze, go limp and slimy. If losing its freshness, wrap in a damp kitchen cloth and store in an airtight container in the fridge.

How to freeze First, steam it, leave it to cool then either roughly chop or keep as is and seal in freezer bags. Freeze for up to three months then defrost at room temperature for two to three hours. Add to pies, pasta fillings or curries.

love your leftovers



Feta Blitz 50-100g leftover feta with 100g Greek yogurt. Swirl through harissa paste or pesto for a dip to dunk warm pitta bread into.

Polenta Follow pack instructions and stir through a big handful of grated parmesan or provolone cheese and a knob of butter, then season well. Or try baking it into a cake with apricots or citrus fruits (search 'polenta cake' on *bbcgoodfoodme.com*).

Goat's cheese Any leftover goat's cheese can be piled onto sourdough toasts and drizzled with honey and thyme before being grilled until molten and bubbling for a speedy lunch. Alternatively, try crumbling it on top of risottos or slicing and eating in a salad.



Giant couscous Basically, couscous is small grains of pasta. Any leftovers will work well stirred into minestrone for the last 5 mins of cooking to add bite and texture. It's also delicious cooked, drained and tossed with olive oil, lemon juice, cooked beetroot or cannellini beans, fresh herbs and feta for another quick summer salad.

Sesame seeds Roll a block of feta in honey then sesame seeds and bake. Or sprinkle over homemade bread before baking.



Pine nuts What you don't use in other recipes can be roasted until lightly browned, cooled, then stored in a jar for topping salads and soups.

Tamarind paste It adds another dimension to a veggie curry but it also works well in a lamb or beef curry, in tomato sauces or lentil soups.

Breadcrumbs If you have any leftovers, sprinkle over a shepherd's pie or macaroni cheese, along with some parmesan, before baking.

easy

Delicious, simple, and easy-to-make recipes



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midweek meals

family favourites

Flavour-packed, easy and nutritious, these dinners tick all the boxes

recipes MELISSA THOMPSON ***photographs*** TOM REGESTER



In our home, it's a balancing act cooking food that everyone – adults and children – want to eat. These dishes are ideal for that: flavourful without being overpowering and nutritious but not so wholesome that they put younger ones off. The chicken meatballs are an absolute delight – ricotta makes them light and the lemon zing is a real treat. Pepper steak is a regular for us – it's quick and tasty. I love the crunch of the vegetables, too. I'm really proud of the harissa fish pie, a take on a classic. The smokiness of the harissa and creaminess of the sauce goes brilliantly with the sweet potato mash on top.

Chicken, lemon & ricotta meatballs with linguine



Coconut & turmeric baked chicken thighs

Chicken, lemon & ricotta meatballs with linguine

SERVES 4 **PREP** 20 mins
COOK 20 mins **EASY**

2 chicken breasts
2 lemons, zested
200g ricotta
3 tbsp parsley, chopped
150g fresh breadcrumbs
100ml milk, plus 2 tbsp
1 medium egg, beaten
25g plain flour, for dusting
1 tbsp olive oil
300g linguine
320g green beans, trimmed and halved

1 Cut the chicken into very small pieces using a sharp knife. You can use a food processor, but pulse so it doesn't turn into a paste. Put in a bowl and add half the lemon zest, half the ricotta, half the parsley, the breadcrumbs and mix together. Add the 2 tbsp milk, the egg and a good pinch of seasoning. Mix again.
2 Dust a plate lightly with flour. Wet your hands, take a golf ball-sized piece of the meatball mixture and roll into a ball. Set on the floured plate and repeat until all the mixture has been used up.
3 Heat a heavy-based frying pan over a medium heat, add the oil, then the meatballs, ensuring they don't touch each other. Cook for 10-15 mins, turning so they brown on all sides. Transfer to a plate.
4 Heat a large pan of salted water and add the linguine. Cook following pack instructions, and 3 mins before the end of the cooking time, add the green beans. Drain, saving the pasta water. Rinse the linguine and beans under cool water to stop them cooking further.
5 Add the remaining ricotta to the frying pan, breaking it up as much as possible. Pour in the 100ml milk and 2 tbsp of reserved pasta water, then cook down to thicken slightly for a couple of minutes. Add the pasta, beans and remaining lemon zest and parsley. Season to taste, mix in the meatballs and serve.

GOOD TO KNOW balanced • calcium • fibre • 1 of 5-a-day
PER SERVING 628 kcals • fat 15g • saturates 6g • carbs 69g • sugars 6g • fibre 8g • protein 49g • salt 0.8g

Coconut & turmeric baked chicken thighs

SERVES 4 **PREP** 5 mins plus marinating **COOK** 40 mins **EASY**

6-8 chicken thighs, skin on
1 tsp turmeric
1 tsp cumin
2 garlic cloves, grated
thumb-sized piece of ginger, grated
200ml coconut milk
1 onion, finely sliced
250g spring greens or spinach, roughly chopped
1 tsp maple syrup or honey
400g cooked rice, to serve

1 Put the chicken thighs in a bowl and add the turmeric, cumin, garlic, ginger and 3 tbsp of the coconut milk. Rub the marinade in and leave for at least 15 mins, or longer if you have time.
2 Heat the oven to 180C/160C fan/gas 4. Scatter the onion and spring greens in a baking tray, add the rest of the coconut milk, the maple syrup and 150ml water. Cook in the oven for 10 mins, stirring regularly to wilt the greens. Place the chicken thighs on top, then return to oven for 20 mins, stirring the greens underneath occasionally.
3 Heat the grill and cook for a further 8-10 mins until the skin is crispy. Serve with rice.

GOOD TO KNOW folate • vit c • 1 of 5-a-day • gluten free
PER SERVING 427 kcals • fat 18g • saturates 7g • carbs 36g • sugars 6g • fibre 5g • protein 28g • salt 0.4g

Fennel-roasted cauliflower with quinoa

SERVES 4 **PREP** 15 mins
COOK 40 mins **EASY** V

1 large cauliflower, or 2 small ones, separated into florets
1 tbsp fennel seeds
1 tsp coriander seeds
1 tsp smoked paprika
2 tbsp olive oil
1 red onion, chopped
2 peppers (mix of red, yellow or orange), chopped
1 courgette, halved lengthways, cored and chopped
1 small garlic clove, crushed
1 lemon, juiced and zested
4 tbsp yogurt
250g quinoa, cooked

1 Heat the oven to 200C/180C fan/gas 6. Bring a large pan of salted water to the boil and cook the cauliflower for 5 mins. Drain and spread out on a surface so any excess water evaporates.
2 Crush the fennel and coriander seeds using a pestle and mortar and mix with the paprika and a pinch of seasoning Put the cauliflower in a large bowl, drizzle with half the olive oil and sprinkle over the spice mix. Toss the florets to fully coat them.
3 Tip the florets onto a baking tray and space them apart. Put the red onions, peppers and courgettes on a separate baking tray, drizzle with the remaining oil, and cook both for 30-35 mins, turning halfway through so they brown all over and turn slightly crisp in places.
4 Mix the garlic with lemon juice and stir through the yogurt, adding a little extra water to loosen if needed. Stir the roasted onions, peppers and courgettes into the cooked quinoa along with the lemon zest and a pinch of salt.
5 Pile the quinoa salad onto a plate, then top with the cauliflower florets. Drizzle over the garlic yogurt.

GOOD TO KNOW healthy • low fat • low cal • folate • fibre • vit c • 3 of 5-a-day • gluten free
PER SERVING 260 kcals • fat 10g • saturates 2g • carbs 27g • sugars 14g • fibre 9g • protein 10g • salt 0.1g





Harissa fish pie



Pepper steak with noodles

Harissa fish pie

SERVES 4 **PREP** 5 mins
COOK 1 hr 40 mins **EASY**

700g sweet potatoes (3-4 small ones or 2 large ones)
3 tbsp rapeseed oil
pinch each of cumin and smoked paprika
1 onion, finely chopped
1 red pepper, finely chopped
350ml semi-skimmed milk
350g fish pie mix (make sure it contains smoked haddock)
225g frozen king prawns, defrosted
2"½ tbsp harissa paste
2 tbsp cornflour
30ml double cream
200g spinach, roughly chopped
green beans, to serve

1 Heat the oven to 180C/160C fan/gas 4. Prick the sweet potatoes with a fork and cook for 50 mins-1 hr or until the flesh is soft (or in the microwave on high for 5-7 mins). Remove the skin and mash the flesh with 2 tbsp of the oil, the cumin and paprika. Set aside and keep warm.
2 Meanwhile, heat a frying pan with the remaining 1 tbsp oil, and cook the onions and peppers over a medium heat until soft, about 7 mins. Warm the milk in a pan over a low-medium heat and add the fish pie mix and the prawns. Cook for 4 mins until the prawns have just turned pink, then scoop out the fish and prawns. Reserve the milk.
3 Add the harissa paste to the onions and peppers and cook for 2 mins. Stir through the cornflour, then add the reserved milk bit by bit, stirring as you go, followed by the cream. Add the spinach and cook for 2 mins until it softens, then add the fish and prawns, stirring carefully to avoid breaking it up.
4 Pour the fish mixture into an ovenproof dish, approximately 25cm by 18cm. Carefully spoon the sweet potato on top, going from end-to-end and meeting in the middle. Carefully spread out with a knife, then go over it with a fork to make ridges. Bake in the oven for 20 mins, then grill for 10 mins on the hottest setting. Serve with the green beans.

GOOD TO KNOW balanced • calcium • folate • fibre • vit c • 2 of 5-a-day • gluten free
PER SERVING 539 kcals • fat 20g • saturates 5g • carbs 52g • sugars 27g • fibre 9g • protein 34g • salt 1.1g

Pepper steak with noodles

SERVES 4 **PREP** 15 mins plus at least 20 mins marinating
COOK 12 mins **EASY**

2 tbsp light soy sauce
4 tbsp red wine vinegar
3 garlic cloves, crushed
1-inch piece of ginger, peeled and grated
450g steak (skirt steak works well)
1 tbsp vegetable oil
2 tbsp cornflour
1 tbsp sesame oil
1 onion, cut into thick slices
1 red and 1 yellow pepper, both cut into 1-inch pieces
pinch of sesame seeds
1-2 tsp crushed black peppercorns
500g cooked noodles, to serve

1 Mix 1 tbsp of the soy with 1 tbsp of the red wine vinegar, 1 crushed garlic clove and half the ginger. Pour over the steak and leave for at least 20 mins or up to 1 hr. Heat a frying pan over a high heat until very hot. Take the steak out of the marinade and scrape off as much of it as you can. Rub with the vegetable oil and put in the frying pan. Leave for 2 mins, then gently move it around to catch any bits of char, which will add to the flavour. After another 30 seconds, turn the steak and cook for 2½ mins on the other side. Transfer to a plate and set aside.
2 Mix the cornflour into the remaining soy sauce and red wine vinegar and add 150ml water. Heat the sesame oil in a wok or frying pan over a medium-high heat and add the onion. Cook for 1 min, stirring, then add the peppers. Cook for 4 mins, stirring regularly. Once they are starting to soften with bits of char on them, add the remaining garlic and ginger, and soy mixture. As soon as the sauce starts to thicken, remove from the heat.
3 Slice the steak thinly and add to the wok, just stirring through. Sprinkle with sesame seeds and crushed peppercorns and serve with the noodles.

GOOD TO KNOW balanced • low cal • folate • fibre • vit c • 1 of 5-a-day
PER SERVING 479 kcals • fat 15g • saturates 4g • carbs 47g • sugars 7g • fibre 6g • protein 36g • salt 1.2g

Shoot director JACK HUNTLEY | Food stylist ROSIE REYNOLDS | Stylist AGATHE GITS

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friday night treat

deep-dish pizza

Swap shop-bought pizza for a special homemade version topped with meatballs in a thick, chewy crust

recipe ESTHER CLARK *photograph* SAM STOWELL

Deep-dish meatball marinara pizza

Inspired by America's deep-dish pizzas, this one is made even better thanks to a lip-smacking sauce.

SERVES 6 **PREP** 1 hr plus at least 2 hrs proving and resting
COOK 1 hr **MORE EFFORT**

250-300ml semi-skimmed milk
500g strong white bread flour, plus extra for dusting
1¼ tsp salt
1½ tsp fast-action dried yeast
½ tbsp caster sugar
5 tbsp olive oil, plus extra for proving, the baking tray and crust
230g grated mozzarella
300g pork mince
50g fresh breadcrumbs
1 medium egg yolk
½ tsp fennel seeds, crushed (optional)
½ tbsp fine polenta
20g parmesan
a few leaves of oregano, to serve (optional)

For the sauce
1 tbsp olive oil
1 small onion, finely chopped
1 garlic clove, crushed
400g can chopped tomatoes
1 tbsp tomato purée
2 tsp dried oregano
1 tsp sugar

1 Gently heat the milk in a small saucepan until steaming, then remove from the heat and leave to cool slightly. Combine the flour, salt, yeast and caster sugar in a large bowl. Make a well in the centre, and pour in 4 tbsp olive oil and 250ml of the warm milk. Stir to combine, adding the rest of the milk if the dough feels dry. Tip out onto a lightly floured surface and knead for 10 mins, then put in a lightly oiled bowl. Cover and leave to rise for 1 hr 30 mins-2 hrs until doubled in size.

2 To make the sauce, heat the oil in a saucepan over a low heat and fry the onion with a large pinch of salt for 12-15 mins, or until the onion is softened and translucent. Add the garlic and fry for 1 min more. Stir in the tomatoes, tomato purée, oregano and sugar. Bring to the boil, then reduce to a simmer and cook uncovered for 15-20 mins, or until the sauce has thickened. Season. If you prefer a smooth sauce, blitz with a hand blender.

3 Lightly oil a roughly 33 x 23cm baking tray. Roll the risen dough out slightly with a rolling pin, then stretch it over the tray and into the corners, pushing it up the edges to make a lipped crust. Spread over the tomato sauce and top with most of the mozzarella. Cover and leave to rest for 30 mins.

4 Heat the oven to 240C/220C fan/gas 8 with a baking sheet inside to heat up – it should be large enough to hold the pizza tray. Combine the mince, breadcrumbs, egg yolk, fennel seeds and some seasoning in a large bowl. Mix everything with your hands for about 5 mins until well combined, then roll the mixture into 12 balls. Heat the remaining oil in a large non-stick frying pan over a medium heat, and fry the meatballs for 5 mins until evenly browned. Set aside.

5 Brush the crust of the pizza with a little oil, then sprinkle over the polenta. Top the pizza with the meatballs, pressing them into the sauce and cheese a little, then scatter over the remaining mozzarella. Immediately slide the pizza tray onto the hot baking sheet and bake for 15-18 mins, or until the pizza is cooked through in the middle and crisp around the edges. Scatter over the parmesan and oregano, then slice into six squares to serve.

GOOD TO KNOW calcium • folate • 1 of 5-a-day
PER SERVING 686 kcals • fat 28g • saturates 10g • carbs 75g • sugars 8g • fibre 4g • protein 32g • salt 1.7g

gf tip
You can adapt the toppings according to what you have or prefer. Salami or pepperoni work really well, as does vegetable antipasti.

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Shoot director JACK HUNTLEY | Food stylist ROSIE REYNOLDS | Stylist FAYE WEARS



two ways

pancakes

Two members of the Good Food team share their favourite pancake recipes

recipes LIBERTY MENDEZ *and* BARNEY DESMAZERY

photographs MIKE ENGLISH



Stuff thick pancakes with a mix of soft brie and flavourful cheddar for the ultimate gooey centre.

liberty

'Fluffy American-style pancakes are my favourite type of pancake, but I also can never resist those melty cheese-and-ham-stuffed crêpes you get at street-food markets. This got me thinking: what if American-style pancakes could be stuffed with cheese? Win, win! These delicious pancakes have an oozing brie and cheddar centre, and are served with optional crispy beef or turkey bacon instead of ham. They're the best of both worlds, and sure to be a winner with cheese-lovers – the gooey cheese-pull you get when you break into them is bound to get you lots of social media attention, too.'

Liberty Mendez, recipe developer

Brie-stuffed pancakes with crispy bacon

SERVES 5 (2 pancakes per serving)
PREP 10 mins **COOK** 30 mins **EASY**

10 smoked turkey or beef streaky bacon rashers
300g self-raising flour
1 tsp baking powder
pinch of caster sugar
2 medium eggs, lightly beaten
300ml semi-skimmed milk
2 tbsp sunflower oil
25g salted butter, plus extra to serve
150g brie, thinly sliced
50g grated cheddar

1 Heat the grill to high and grill the bacon for 5 mins until crisp, turning halfway through. Set aside and keep warm. Tip the flour, baking powder, sugar and a large pinch of salt into a large bowl, then gradually whisk in the eggs and milk until you have a smooth, thick batter.

2 Heat a splash of the oil and small knob of the butter in a non-stick frying pan over a medium heat until sizzling. Spoon in 1 tbsp of the batter and spread out to a rough 10cm circle with the back of the spoon. Top with a few slices of the brie, a pinch of the grated cheddar, and 1½ tbsp more of the pancake batter – the batter should cover all the cheese. Don't worry if the batter starts to spread – you can shape it by pushing the cheese back toward the centre using a spatula. Cook for 2-3 mins until bubbles start to form on the surface, then carefully flip and cook for 2 mins more. Keep warm while repeating the process with the rest of the oil, butter, batter and cheese. Serve topped with some salted butter and the crispy bacon.

GOOD TO KNOW calcium
PER SERVING 632 kcals • fat 36g • saturates 16g • carbs 49g • sugars 3g • fibre 3g • protein 29g • salt 3.3g

gf tip

THE PERFECT BRUNCH
Top these cheesy pancakes with a poached egg in addition to the bacon, and serve alongside some roasted cherry tomatoes, if you like.

Shoot director JACK HUNTLEY | Food stylist KATIE MARSHALL | Stylist FAYE WEARS



barney

'This pancake cake was born when trying to keep my kids busy on a wet, windy Tuesday a few years back. Give each child a jar of something sweet and spreadable, and as you cook the pancakes, let the kids spread and stack. If you time it right, it should keep them entertained (screen-free) for a good hour. You could also use mashed banana, or lemon curd and cream. One small tip on making the batter: I make mine in a blender or smoothie maker to save on the washing-up, as the batter can be poured from the jug.'

Barney Desmazery, shows & skills editor

Build-your-own chocolate & peanut butter pancake cake

CUTS INTO 10-12 wedges
PREP 1 hr **COOK** 1 hr **EASY** **V**

200g peanut butter
200g chocolate spread
icing sugar and squirty cream, to serve

For the pancakes
5 eggs
750ml milk
250g plain flour
50g butter

1 First, make the pancake batter. Tip the eggs, milk, flour and a pinch of salt into a blender and blitz until smooth. Alternatively, whisk the eggs and flour together until smooth, then slowly whisk in the milk and a pinch of salt, then tip into a large jug.
2 Heat a roughly 20cm frying or crêpe pan over a medium heat, and, using kitchen paper, carefully wipe a little of the butter around the pan. Pour in enough batter to make a thin pancake, and cook for about 1 min on each side until golden. Slide the pancake onto a serving plate, then immediately spread with some of the peanut butter, then chocolate spread. Repeat with a second pancake, then stack this on top of the first. Continue cooking, spreading and stacking until all the batter, peanut butter and chocolate spread is used.
3 When all the pancakes are stacked into a 'cake', dust the top with some icing sugar. Cut into wedges and serve topped with some squirty cream. *Will keep at room temperature for up to a day.*

PER SERVING (12) 380 kcals • fat 23g • saturates 8g • carbs 30g • sugars 13g • fibre 2g • protein 12g • salt 0.4g

gf tip

TWIST IT
You can adapt this recipe with other fillings, such as our grown-up twist using espresso (below). Make your own **chantilly cream** for stacking the pancakes by whisking **150ml double cream** with **1 tbsp icing sugar** and a **drop of vanilla extract** until soft peaks form. Then, try these suggestions:

- **Lemon cream pancake cake**
 At the end of step 2, spread the pancakes with the **chantilly cream**, then add **spoonfuls of lemon curd**.
- **Espresso pancake cake**
 Whip the **chantilly cream** with **a shot of espresso** before making the pancakes in step 1, then spread over the pancakes at the end of step 2, and dust with **cocoa powder** in step 3.

midweek bake

a bite of nostalgia

Take a trip down memory lane with this colourful cake that you can whip up in an hour for an afternoon treat

recipe CASSIE BEST ***photograph*** MIKE ENGLISH

School-days sprinkle sponge

While this is great with a cup of tea, you can also serve it as pudding with warm custard.

SERVES 12-15 **PREP** 15 mins plus cooling and at least 1 hr setting
COOK 45 mins **EASY** **V**

200g salted butter, softened, plus extra for the tin
200g caster sugar
4 large eggs
200g self-raising flour
50ml milk
2 tsp vanilla extract
200g icing sugar
multicoloured sprinkles, to decorate
shop-bought custard, warmed, to serve (optional)

1 Heat the oven to 180C/160C fan/gas 4. Butter a 20 x 30cm cake tin and line with baking parchment. Beat the butter and sugar together in a large bowl with an electric whisk for a few minutes until pale and fluffy. Add the eggs, flour, milk and vanilla, and beat again until the mixture is smooth.
2 Scrape the batter into the prepared tin, spread it into the corners, and smooth the surface. Bake for 40-45 mins, or until a skewer inserted into the middle comes out clean with no wet cake mixture clinging to it. If it's not ready, bake for 5 mins more and check again. Leave to cool in the tin.
3 Mix the icing sugar with enough water to make a thick, pourable icing. Pour the icing over the cooled cake, and spread it out so it covers the surface. Immediately scatter with plenty of sprinkles until the icing is almost completely covered. Leave to set for at least 1 hr.
Cut into squares and serve with warm custard, if you like.

PER SERVING **(15) 289 kcals • fat 13g • saturates 8g • carbs 40g • sugars 30g • fibre 1g • protein 3g • salt 0.4g**

Shoot director RACHEL BAYLY | Food stylist KATIE MARSHALL | Stylist HANNAH WILKINSON



waste less food

use up your leftovers

We want to avoid food waste, and try use up as much as we can in our test kitchen. Here's how you can do the same this month



USE IT UP

Sourdough starter

If you've had a go at sourdough bread, you'll end up with excess starter. There are lots of things you can do with it (and you can browse ideas on bbcgoodfoodme.com*), but this is one of our favourites. The starter makes the pancakes extra fluffy and gives them a lovely sour edge that works so well against all the sweet, syrupy toppings we drizzle over them – ideal for a weekend brunch.*

Fluffy sourdough pancakes

To make 6-8 pancakes, whisk **100g self-raising flour** with **1 tsp caster sugar**, **100g sourdough starter** (active or excess), **1 egg** and **150ml milk** with a pinch of salt until you have a smooth batter, then whisk in **25g melted butter**. Heat a non-stick pan with a splash of **sunflower oil** and a small piece of butter until sizzling, then spoon in the batter to make 6-7cm pancakes (you'll need to do this in batches). Cook for about 2 mins on each side until puffed up and golden.



HOW TO USE

Leek tops

The green tops may be a bit tougher than the lighter part, but they have more flavour and just need a little more cooking. When a recipe calls for only the white part, here's what to do with the rest.

Crispy leeks

Slice the **leek tops** as finely as you can. Heat a good **1cm oil** in a wok or frying pan until shimmering. Sizzle the leek in batches for 2-3 mins until crispy, then scoop out with a slotted spoon onto kitchen paper and season with salt. Scatter over your main leek dish for extra texture and flavour, or use to sprinkle over soups or noodle dishes.

Bouquet garni

Leek tops can be wrapped around a **herb bundle** when you're stewing or braising, to stop thyme leaves straying into your sauce.

Stir-fried leeks

As the green parts are tougher, they hold up better to the fierce heat of stir-frying. Shred **the greens** and add them to your wok around the same time you would add carrot strips or cabbage.

Bubble & leek

Shred the **leek tops** and sweat until soft in lots of **butter**. Stir into **mashed potatoes** for a twist on colcannon, then any leftovers you have can be fried up to make a leek version of bubble & squeak.

GOOD FOOD & SUSTAINABILITY

At BBC Good Food, we seek realistic solutions to avoid food waste and packaging, and adhere to the three Rs: 1) Reducing food waste 2) Recycling packaging 3) Reusing food storage packaging and containers.

DON'T THROW IT AWAY

5 ways to use parmesan rind



1 Soup

When making soup, add the rind when you add the stock. This works particularly well for a minestrone, chunky vegetable or onion soup.

2 Tomato sauce

Up the umami in your tomato sauce – simply add the rind with the chopped tomatoes and remove before serving.

3 Cheese sauce

Give your cheese sauce extra depth by simmering parmesan rind in the white sauce base before adding the grated cheese.

4 Crunchy bits

Stick a fork or knife in the softer side of the rind, then carefully toast the harder side over a low flame until lightly charred. Leave to cool, then chop into pieces to toss through a salad, scatter over soup, or just to snack on.

5 Risotto

Add parmesan rind to the stock and simmer for 10 mins. The infused stock will add depth to your risotto.



Photographs VINNY WHITEMAN/OLIVE, ISTOCK/GETTY IMAGES PLUS AND IMAGE SOURCE/GETTY IMAGES

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BBC goodfood Middle East

WEEKEND

Mouthwatering dishes to dig into with your family and friends



TOM KERRIDGE

Celebrate Dad, p38



SUMMER KITCHEN

Special weekend meals, p45



FROZEN ASSETS

Sausage pasta bake, p60



ESTHER'S VEG BOX CHALLENGE

BANANAS, p64

gf

TOM KERRIDGE

CELEBRATE DAD!

BBC chef and Good Food Podcast host **Tom Kerridge** locks in the flavour with recipes cooked low and slow - ideal for a special Father's Day meal

photographs JONATHAN GREGSON



Tom Kerridge is a BBC presenter and chef-owner of The Hand and Flowers, The Coach and The Butcher's Tap in Marlow, Kerridge's Bar & Grill at The Corinthia Hotel, London, and The Bull & Bear in Manchester. Listen to the Good Food Podcast to hear Tom talk to host Orlando Murrin about recipes and cooking tips. It's released each Wednesday, with a bonus recipe cookalong on the following Saturday. Download at Spotify, iTunes or other podcast streaming services.

@ChefTomKerridge

I've come up with these recipes as they all have big flavours, and, for ease, are all one-pan wonders. There's my favourite seafood stew that's easily adaptable to what you have on hand; a whole chicken that you can stretch over two courses (right); a spiced leg of lamb that you simply leave to do its own thing, and an easy but elegant braise made with a cut I'm often asked about, short ribs. Like everyone else, I've spent a lot of time at home over the last year, and these are exactly the sort of things I've been cooking. It's a pleasure to share them with you.

Tom

Slow-cooked soy-glazed chicken

I serve this as two courses; shred the leg and thigh meat, then wrap in lettuce leaves for a starter. Then, slice the breast meat and serve with rice and the roasting juices.

SERVES 4-6 PREP 30 mins plus 1 hr marinating and resting
COOK 2 hrs EASY

1 chicken (about 2kg)

For the marinade

small piece of ginger, peeled and finely grated (peel reserved)
1 tsp Chinese five-spice powder
3 garlic cloves, finely grated
1 tbsp red wine vinegar
2 tbsp soy sauce

For the stock

150ml chicken stock
1 tbsp honey
3 tbsp soy sauce
2 star anise

To serve

2 Little Gem lettuces, leaves separated
1 bunch of spring onions, trimmed and finely shredded
½ cucumber, cut into thin strips
1 red chilli, sliced
small bunch of coriander, chopped
50g roasted peanuts or cashews, roughly chopped
cooked rice, to serve

1 Combine the marinade ingredients in a small bowl. Sit the chicken in a casserole dish, rub the marinade all over, and put the ginger peel in the cavity. Cover and leave at room temperature to marinate for 1 hr, or in the fridge overnight.
2 Heat the oven to 180C/160C fan/gas 4. Mix the stock ingredients in a jug, then pour over the chicken. Roast for 1 hr, uncovered, then baste with the liquid in the dish. Roast for 30-40 mins more, basting every 10 mins, until the chicken is deep brown. Keep an eye on the glaze in the base of the dish – you may need to add a splash of water to keep it from burning.
3 Leave the chicken to rest for 20 mins, then transfer to a board. Skim the fat from the juices, bring to the boil, then turn off the heat. Shred the thigh and leg meat and wrap in the lettuce leaves along with the spring onions, cucumber, chilli, coriander and nuts. Slice the breast meat and serve with the rice and warm roasting juices.

GOOD TO KNOW 2 of 5-a-day
PER SERVING (6) 439 kcals • fat 24g • saturates 6g • carbs 6g • sugars 5g • fibre 2g • protein 47g • salt 2.4g



Squid, prawn & chickpea nduja stew

You can adapt the seafood based on what you have, or just add to it. You could steam clams, mussels or cockles in the stew for 5 mins, if you like. Without the chickpeas, the stew transforms into a rich seafood sauce for pasta. Nduja is the spicy, spreadable salami – it adds a real meatiness to the stew, but if you can't find it, use soft, crumbled cooking chorizo.

SERVES 4 **PREP** 30 mins
COOK 40 mins **EASY**

2 tbsp olive oil
1 onion, finely chopped
1 fennel, finely chopped, fronds reserved
2 garlic cloves, sliced
1 tbsp nduja or 1 cooking chorizo, skin removed, crumbled
400g can chopped tomatoes
100ml red wine vinegar
250ml chicken stock
400g can chickpeas, drained
200g prepared squid
200g king prawns (peeled weight)
small handful of flat-leaf parsley, chopped
1 lemon, zested

1 Heat the olive oil in a large, flameproof shallow casserole dish over a medium heat, and cook the onion, fennel and garlic for 12 mins, stirring occasionally until soft and just turning golden. Stir in the nduja or chorizo and sizzle for 2 mins until the oils are released and the veg starts to take on the red colour.

2 Tip in the tomatoes, then rinse the can out with the red wine vinegar and pour it in, along with the stock. Stir in the chickpeas. Season and bring to a simmer, then cook for 20 mins until the sauce is rich. Season to taste.

3 Stir in the squid and prawns so they're completely mixed into the sauce, then simmer for about 5 mins more until the squid and prawns are cooked through. Scatter with the parsley, lemon zest and reserved fennel fronds before serving.

GOOD TO KNOW healthy • low cal • fibre • 2 of 5-a-day
PER SERVING 305 kcals • fat 11g • saturates 2g • carbs 18g • sugars 7g • fibre 7g • protein 25g • salt 1g





Short ribs with horseradish & carrots

Short ribs with horseradish & carrots

This braise is easy to portion, and it looks good on the plate – everyone gets a whole short rib and a carrot. Any leftovers make a rich beef pie filling. In fact, I'd be tempted to cook a few extra short ribs just so I had some potential pie filling in the freezer.

SERVES 4 PREP 30 mins COOK 3 hrs 30 mins EASY

2 tbsp sunflower oil
4 short ribs on the bone
1 onion, chopped
3 celery sticks, chopped
4 bay leaves
1 tbsp dried mixed herbs
1 tbsp plain flour
2 tbsp brown sugar
500ml non-alcoholic stout
300ml beef stock
3 tbsp horseradish cream
4 carrots

1 Heat the oven to 160C/140C fan/gas 2. Heat the oil in a casserole dish and brown the short ribs well on all sides – this will take about 10 mins. Remove the ribs to a plate, then fry the onion and celery in the dish for 5 mins. Stir in the herbs and flour, and cook for a few minutes, then stir in the sugar, non-alcoholic stout and stock, and bring to a simmer. Add the horseradish cream and some seasoning, then nestle the ribs into the sauce. Cover the pan and cook in the oven for 1 hr.
2 Peel the carrots, keeping them whole. Remove the stew from the oven, stir gently and add the carrots. Cover and return to the oven for 2 hrs more until the ribs are tender.

You can now serve the stew in a rustic style, as is. Alternatively, gently remove the ribs and carrots to a board. Strain the sauce through a sieve into a saucepan and bring to the boil, skimming off any froth that rises to the surface. Simmer for 5 mins until reduced by a third. Tip the reduced sauce back into the casserole dish, add back the ribs and carrots, and simmer for a few minutes to reheat the meat. Divide between plates and serve.

GOOD TO KNOW iron • 1 of 5-a-day
PER SERVING 611 kcals • fat 36g • saturates 9g • carbs 29g • sugars 23g • fibre 4g • protein 35g • salt 0.7g

Slow-cooked harissa lamb

This is a great alternative roast. I love the texture – it's half-roasted and half-pulled, fork-tender but still easy to carve. What you serve it with is up to you; it works with roast potatoes, couscous or rice.

SERVES 6 PREP 30 mins plus at least 1 hr marinating COOK 5 hrs EASY

2kg whole leg of lamb on the bone
10 red onions, cut in half
300ml chicken stock
4 tbsp chopped coriander
For the harissa (or use 5 tbsp shop-bought harissa)
20 dried chillies
6 garlic cloves, grated
100ml olive oil
2 tsp each ground coriander, ground cumin, caraway seeds and smoked paprika
2 tbsp red wine vinegar

1 If you're making the harissa, tip the dried chillies into a heatproof bowl and pour over just enough boiled water from the kettle to cover. Cover the bowl and leave to cool. Once cool enough to handle, drain the chillies, reserving the water. Remove any stalks and pat dry with kitchen paper. Tip the chillies into a food processor with the garlic, 1 tsp salt, the olive oil, spices and vinegar, and blitz to a purée. If needed, add a little of the reserved water to loosen. *Will keep, chilled, for up to a month.*
2 Make 15 cuts, about 3-5cm long, all over the lamb. Reserve 1 tbsp of the harissa paste, then rub the rest all over the lamb and into the cuts. Scatter the onions into a large roasting tin and sit the lamb on top. Leave at room temperature for 1 hr, or cover and chill overnight.
3 Heat the oven to 140C/150C fan/gas 2. Roast the lamb for 4-5 hrs until the meat is fork-tender. Lift the lamb out onto a large board or serving plate. If the tin is flameproof, pour in the stock; if not, tip the contents of the tin into a saucepan first. Bring to the boil, scrape up any browned bits using a wooden spoon, and cook until the liquid is reduced by about a third – it should be a thick, rich onion gravy. Stir in the reserved harissa and the chopped coriander. Serve the lamb with the onion gravy.

GOOD TO KNOW iron • 1 of 5-a-day
PER SERVING 716 kcals • fat 43g • saturates 13g • carbs 24g • sugars 16g • fibre 10g • protein 53g • salt 1.4g





BBC goodfood Middle East

BRUNCH GUIDE
COMING SOON!

Keep an eye out for your complimentary guide showcasing the best of seasonal brunches in the UAE.





Summer Kitchen

Celebrate summer with recipes to see you through these months. From a special fish supper and a chocolatey bake that everyone will love, to a beautiful roast leg of lamb, we've got you covered

recipes BBC GOOD FOOD TEAM ***photographs*** JONATHAN GREGSON



sharing lunch

Smoked salmon pâté with tear & share brioche buns

'This pâté has all the creamy, rich flavour of a smoked salmon bagel with soft cheese and capers. Paired with golden, butter-laden tear-and-share brioche, this makes for a tasty and indulgent summer gathering.'

Esther Clark

SERVES 4-6 **PREP** 1 hr plus at least 3 hrs 20 mins proving, chilling and cooling **COOK** 30 mins
MORE EFFORT

200g smoked salmon
200g full-fat soft cheese
½ tsp Dijon mustard
1 tbsp capers, drained
small handful of dill, chopped, plus extra to serve
1 small lemon, zested and juiced
olive oil, for drizzling

For the brioche buns

450g strong white bread flour, plus extra for dusting
½ small bunch of chives, finely chopped
1½ tsp fine sea salt
30g caster sugar
7g sachet fast-action dried yeast
100ml whole milk
4 large eggs, at room temperature
190g unsalted butter, cut into cubes and softened, plus extra for the bowl

1 To make the buns, put the flour in the bowl of a stand mixer fitted with a dough hook. Add the chives and salt on one side of the bowl, and the sugar and yeast to the other. Mix each side into the flour with your hands, then mix everything together using the dough hook. Tip the milk into a small pan and warm over a low heat until warm to the touch, but not hot. Slowly mix into the dry ingredients until combined. Lightly beat 3 of the eggs. With the motor on medium speed, slowly add the beaten egg and mix for 10 mins, then add the butter, one or two cubes at a time, until combined – this will take another 5-8 mins. Scrape the sides of the bowl down. The dough will be very soft at this stage.

2 Scrape the dough into a large bowl, cover with a clean tea towel, and leave to prove for 1 hr 30 mins-2 hrs until doubled in size. Once the dough has risen, chill for 1 hr.

3 Put the salmon, soft cheese and mustard in a food processor and pulse several times until the salmon is coarsely chopped. Transfer to a bowl and stir in half the capers, the dill and the lemon zest and juice. Season, then chill until needed.

4 Line a large baking sheet with baking parchment. Tip the dough out onto a lightly floured work surface, and divide into 18 equal-sized balls (weigh for accuracy, if you like). Butter the outside of a 12cm ovenproof bowl. Place the bowl in the middle of the baking sheet and arrange the dough balls around it, leaving a 2cm space between each for spreading. Cover with a tea towel and leave in a warm place to prove for 30-35 mins until doubled in size.

5 Heat the oven to 180C/160C fan/gas 4. Beat the remaining egg, then lightly brush it over the dough balls. Bake for 25-30 mins until golden and risen. Leave to cool on the sheet for 20 mins, then carefully remove the bowl (you may need to run a knife around it to release it). Spoon the pâté into a small bowl, place it in the gap in the middle of the buns, then top with extra dill, a grinding of black pepper and a drizzle of olive oil. To serve, tear the buns from the ring and spread with the pâté.

GOOD TO KNOW folate
PER SERVING (6) 748 kcals • fat 43g • saturates 24g • carbs 64g • sugars 7g • fibre 3g • protein 25g • salt 2.8g

LOVE YOUR LEFTOVERS BRIOCHE BUNS

● *Any leftover buns can be warmed the next day in a moderate oven for 10 mins, and eaten with leftover pâté, or thick-cut ham and sliced cheese.*





fish course

Curried butter-baked cod with cauliflower & chickpeas

'This traybake meal delivers big flavours, but it's still easy to cook. How you serve it is up to you and the occasion – it's just as good scooped straight from the dish in the middle of the table as it is smartly plated up. Until the moment the fish goes into the pan, it is vegetarian, so if you're cooking for veggies as well, scoop some of the cauliflower and chickpeas into a separate small pan to roast alongside the fish.' **Barney Desmazery**

SERVES 4 **PREP** 30 mins
COOK 40 mins **EASY**

1 large cauliflower, cut into florets
1 tsp cumin seeds
1 tsp ground turmeric
2 tbsp sunflower oil
4 garlic cloves
large piece of ginger, peeled
1 red chilli, sliced
1 tbsp curry powder of your choice (we used madras)
2 x 400g cans chickpeas, drained, rinsed and patted dry
100g butter, softened
500-600g chunky white fish (such as cod, hake or pollock), cut into 4 equal chunks
400g spinach
handful of coriander, leaves picked and roughly chopped
large pinch of garam masala

1 Heat the oven to 220/200C/gas 7. Toss the cauliflower in a large, shallow roasting tin with the cumin seeds, turmeric, some seasoning and half the oil until the cauliflower is coated and bright yellow. Roast for 15 mins, tossing a few times, until starting to char.

2 Meanwhile, peel the garlic, then put in a small food processor with the ginger, half the red chilli, the curry powder and some seasoning. Blitz to a paste. Stir the chickpeas, half the spice paste and most of the remaining oil through the cauliflower. Roast for 20 mins more, stirring once or twice.

3 While the cauliflower and chickpeas are roasting, mix the softened butter with the rest of the spice paste, and spread half all over the fish. When the cauliflower and chickpeas are ready, remove the pan from the oven and make four gaps in the mixture. Nestle the fish in the gaps, and dot all but 1 tbsp of the remaining spiced butter over the veg. Roast for 10-15 mins more.

4 Heat the remaining oil in a large pan over a high heat until very hot, then cook the spinach for 3-4 mins until wilted. Add the reserved 1 tbsp spiced butter and continue to cook for 1-2 mins more. Set aside until the fish is just cooked through, then sprinkle the coriander, garam masala and remaining red chilli over the traybake. Serve the traybake in the middle of the table with the spinach in a bowl alongside for everyone to help themselves.

GOOD TO KNOW calcium • folate • fibre • vit c • iron • 3 of 5-a-day • gluten free
PER SERVING 581 kcals • fat 32g • saturates 14g • carbs 27g • sugars 5g • fibre 11g • protein 41g • salt 0.8g

gf tip
Patting chickpeas dry before roasting helps them crisp up and brown properly. You can do this with a couple of sheets of kitchen paper after you've drained and rinsed them.



roast

One-pan herby roast lamb with lemon, potatoes & feta

'This is a roast lamb dinner with a twist. Cooking the potatoes in the tray alongside the lamb not only saves on washing-up, but also means the potatoes soak up the roasting juices from the lamb and the herby marinade. There's no need to labour over gravy, either – instead, the fragrant lemon and garlic pair well with a quick yogurt and harissa sauce.' **Cassie Best**

SERVES 6-8 **PREP** 20 mins plus at least 30 mins marinating
COOK 1 hr 50 mins **EASY**

- 2kg leg of lamb
- 1 garlic bulb (about 10 cloves)
- small bunch of mint
- small bunch of parsley
- 2 large rosemary sprigs, needles picked
- 1 lemon, zested and thinly sliced
- 1 preserved lemon, peel cut into quarters, flesh and pips discarded (or use 1 heaped tsp preserved lemon paste)
- 70ml olive oil
- 1kg floury potatoes (such as Maris Piper or King Edward), halved or quartered if large
- 1 tbsp harissa paste
- 200g thick Greek yogurt
- 200g feta cheese, crumbled
- steamed peas or spring greens, to serve

1 Take the lamb out of the fridge at least 1 hr before cooking to come to room temperature. Score the skin into 3cm diamonds using a sharp knife, but don't cut too deep.
2 Cut the garlic bulb in half to expose the flesh of each clove. Set one half aside, then pop the cloves from the remaining half out of their skins. Put these in a small food processor along with most of the mint and parsley, the rosemary, lemon zest, preserved lemon and a large pinch of salt. Blitz the mixture together, or pound using a pestle and mortar, adding half the olive oil once the herbs have started to break down. Pour the marinade over the lamb, massaging it into the cuts. Leave to marinate at room temperature for at least 30 mins, or chill for up to 24 hrs.
3 Heat the oven to 200C/180C fan/gas 6. Put the lamb in your largest roasting tin (you'll need space to add the potatoes later). Wrap well with foil and bake for 45 mins.
4 Meanwhile, put the potatoes in a large pan of cold salted water. Set over a medium heat and bring to the boil, then reduce the heat and simmer for 5 mins. Drain and leave to steam-dry for 10 mins.
5 Remove the lamb from the oven and lift onto a board. Drizzle the remaining oil into the roasting tin, then tip in the potatoes, fresh lemon slices and the remaining garlic bulb half, rubbing the cut side in the oil. Season and toss to coat the potatoes and lemon slices in the oil and lamb juices. Sit the lamb on top.
6 Return to the oven for 35 mins more for medium (a thermometer should read 55C), or 50 mins for well done. Transfer the lamb to a warm platter, cover and leave to rest. Meanwhile, shake the potatoes around in the tin and return to the oven for another 20-25 mins, or until golden and crisp. Swirl the harissa paste through the yogurt.
7 Roughly chop the remaining mint and parsley. Scatter the chopped herbs and feta over the potatoes. Carve the lamb and pour any roasting juices into the spiced yogurt, and mix through. Serve the lamb and potatoes with peas or spring greens, and the spiced yogurt sauce on the side for drizzling over.

GOOD TO KNOW iron • gluten free
PER SERVING (8) 580 kcals • fat 34g • saturates 15g • carbs 22g • sugars 3g • fibre 2g • protein 44g • salt 0.9g

LOVE YOUR LEFTOVERS LAMB

● *Search 'leftover lamb curry' on* bbcgoodfoodme.com – *whip up a chunky shepherd's pie or lamb tagine.*



brunch

Coconut French toast with spiced roasted pineapple

'French toast is one of my favourite brunch dishes and it's a great way of using up stale bread. This version is made with brioche, but you could use any thick-sliced white loaf, too. The custard in this recipe is made using coconut milk, which gives it a great flavour. Leave the bread to soak in the custard until it's been totally absorbed – this will give the French toast a soft, unctuous centre.' **Cassie Best**

SERVES 2 **PREP** 25 mins
COOK 25 mins **EASY** V

2 eggs
150ml coconut milk
½ tsp vanilla extract
2 thick slices brioche
knob of butter (about 20g)
2 tbsp desiccated coconut
plain or coconut yogurt, to serve

For the pineapple
½ small pineapple
1½ tbsp maple syrup
pinch of ground allspice

1 Whisk the eggs, coconut milk and vanilla together in a wide, shallow bowl. Dunk the brioche slices into the mixture, letting each sit in the bowl for 1-2 mins on each side to soak up the liquid. The mixture should be completely absorbed by the brioche before cooking.
2 Heat the oven to 200C/180C fan/gas 6. To prepare the pineapple, cut away the skin, leaves and any eyes, then slice the flesh into long, chunky pieces (you'll need about three per person). Cut out the tough core and discard. Place the pineapple pieces in a small baking dish, drizzle over the maple syrup and sprinkle with allspice. Roast for 15 mins, turning halfway through and brushing with the sticky syrup in the dish.
3 Meanwhile, melt the butter in a frying pan over a low-medium heat until foaming. Scatter the desiccated coconut over a plate, and dip in each side of the soaked brioche slices to coat. (The bread will be very delicate, so do this carefully.) Cook the brioche slices for 3-4 mins on each side until golden and cooked through. Divide between two plates, then top each with a dollop of yogurt, three of the roasted pineapple pieces, then drizzle over any juices from the roasting tin.

GOOD TO KNOW **fibre • 1 of 5-a-day**
PER SERVING **728 kcals • fat 45g • saturates 32g • carbs 61g • sugars 29g • fibre 6g • protein 15g • salt 1.1g**



veggie showstopper

Homity pie

'For something to graze on over the weekend, this recipe is top on my food nostalgia list. The basic version I grew up with was just a rich and creamy potato, onion and cheese pie – that's the description and ingredient list in one. There was nothing wrong with it (like an amazing gratin that some clever cook encased in nutty wholemeal pastry), but even at my most restrained, I couldn't resist adding a few of my own touches, such as leek – because they work well with potatoes – thyme for fragrance and a pinch of cayenne for subtle heat. All optional for purists.' **Barney Desmazery**

SERVES 8-10 **PREP** 40 mins plus at least 30 mins chilling **COOK** 1 hr 15 mins **MORE EFFORT** **V**

25g butter
2 onions, finely sliced
1 leek, finely sliced (optional)
1 tbsp thyme leaves (optional)
700g floury potatoes (such as Maris Piper or King Edward), quartered and thickly sliced
150ml double cream
125g mature or extra-mature cheddar, grated
2 spring onions (optional), finely chopped

For the pastry

200g plain flour, plus extra for dusting
50g wholemeal or rye flour
pinch of cayenne pepper (optional)
125g butter
1 egg

1 To make the pastry, tip both the flours, a pinch of salt and the cayenne, if using, into a large bowl. Mix, then rub in the butter using your fingertips until the mixture is crumbly. Mix in the egg and 1 tbsp cold water using a cutlery knife. Bring the pastry together into a ball, then cover and chill for 30 mins. Knead briefly until pliable, then roll out until it's large enough to line a 20cm deep pie dish. Line the dish, pushing the pastry into the edge, then trim. Chill until needed.

2 Meanwhile, for the filling, heat the butter in a large saucepan until sizzling and cook the onions with some seasoning and the leeks and thyme, if using, for 12-15 mins until soft and sticky. Stir the potatoes into the onion mix, then reduce the heat, cover and cook for 10-15 mins, stirring occasionally, until the potatoes break down when pressed with a wooden spoon. Pour over the cream, stir for a minute, then turn off the heat and leave to cool a little.

3 Heat the oven to 200C/180C fan/gas 6 with a baking tray inside. Stir half the cheddar and most of the spring onions through the potato and onion mix. Scatter half of the remaining cheddar over the base of the pastry case, then tip in the filling. Scatter with the rest of the cheese and spring onions. Bake on the hot baking tray for 40-45 mins until the pastry is deeply golden and the filling is bubbling. Remove from the oven and leave to rest for at least 10 mins. Serve hot, or leave to cool until just warm.

PER SERVING (10) 407 kcals • fat 26g • saturates 16g • carbs 34g • sugars 3g • fibre 3g • protein 8g • salt 0.5g

MAKE IT YOUR OWN

- *We've used wholemeal flour in the pastry, but you can use just plain flour, or swap the wholemeal for rye or spelt flour for an even nuttier flavour.*
- *This pie is a great way of using up odds and ends of cheese – there isn't a cheese out there that couldn't be grated or crumbled through the filling mixture.*
- *Though not traditional, you could add more veg to the pie. Wilted spinach (squeezed of excess liquid), chopped watercress, or fried mushrooms would all go well.*

gf tip

This pie recipe offers a great way to use up leftover boiled potatoes.



dessert

White chocolate & raspberry ripple baked cheesecake

'Zingy raspberry ripple is one of my favourite flavours, whether it's in an ice cream or cake. Combined with sweet, smooth white chocolate, it's even better. Here, a rich and creamy white chocolate cheesecake has sharp raspberry purée swirled through it for a dreamy dessert.' **Liberty Mendez**

SERVES 10 **PREP** 35 mins plus 6 hrs chilling **COOK** 1 hr 35 mins **MORE EFFORT** V

For the base
225g digestive biscuits
15g freeze-dried raspberries (optional)
115g butter, melted
For the filling
250g fresh or frozen raspberries
½ lemon, juiced
175g caster sugar, plus 2 tsp
600g full-fat soft cheese
3 large eggs, plus 2 egg yolks
175g double cream
1 tbsp vanilla bean paste
350g white chocolate

1 Heat the oven to 180C/160C fan/gas 4, and line the base of a 23cm springform cake tin with baking parchment. Tip the biscuits and freeze-dried raspberries, if using, into a food processor, and blitz to fine crumbs. Pulse in the butter to coat the crumbs, then tip the mixture into the prepared tin and press into an even layer using the back of a spoon. Chill until needed.
2 For the filling, put the raspberries, lemon juice and 2 tsp caster sugar in a pan over a medium heat. Cook for 4-5 mins until the berries have softened and become juicy. Transfer to a food processor and blitz until smooth. Tip into a bowl and leave to cool. If you prefer a smooth purée, sieve the mixture through a fine mesh sieve and discard the pips.
3 Beat the soft cheese using an electric whisk until loosened, then whisk in the 175g sugar, the eggs, yolks, cream and vanilla until smooth. Melt the white chocolate in a heatproof bowl in the microwave in 20-second bursts, or over a pan of simmering water, ensuring the bottom of the bowl doesn't touch the water. Slowly pour a third of the sweetened soft cheese mixture into the melted chocolate, whisking continuously until combined, then pour that into the rest of the soft cheese mixture. Whisk until fully combined.
4 Remove the tin from the fridge, and tightly wrap the bottom of the tin with foil to prevent any leaking. Sit the tin in a deep roasting tin. Pour the cheesecake mixture over the biscuit base. Spoon over the raspberry purée, and swirl it into the cheesecake mix using a skewer.
5 Put the roasting tin in the oven, then pour enough hot water into the roasting tin to come 2½cm up the side of the cake tin. Bake for 1 hr 15 mins-1 hr 30 mins, or until the edge of the cheesecake is set, but the centre has a slight wobble (it will continue to set in the fridge).
6 Put the tin on a wire rack, then run a small, sharp knife around the edge. Leave to cool completely in the tin, then chill for at least 6 hrs before removing from the tin.

PER SERVING 741 kcals • fat 52g • saturates 30g • carbs 56g • sugars 46g • fibre 2g • protein 11g • salt 1.1g



TWIST IT

● *The ripple can be made using any frozen berries you have in the freezer, or fresh ones you have to hand. For a twist, try adding some lemon zest to the cheesecake mixture, and use blueberries instead of raspberries.*

easy bake

Marzipan chocolate loaf cake

'For something the kids can help bake, this easy recipe is perfect. Those little marzipan fruits are pure nostalgia for me, so I wanted to combine the memory of that nutty marzipan flavour with a rich chocolate cake to make the ultimate treat.' Liberty Mendez

SERVES 10 **PREP** 25 mins
COOK 1 hr **EASY** **V**

165g salted butter, softened, plus extra for the tin
icing sugar, for dusting
350g marzipan
100g caster sugar
60g dark brown soft sugar
3 large eggs
200g self-raising flour
½ tsp baking powder
½ tsp almond extract
75ml milk
3 tbsp cocoa powder
50g dark chocolate chips

For the ganache

180ml double cream
140g dark chocolate, finely chopped
1 tbsp golden syrup
1 tsp almond extract

1 Heat the oven to 180C/160C fan/gas 4. Butter a 1kg loaf tin (ours was 14 x 24 x 7cm) and line with a long strip of baking parchment. Lightly dust a surface with icing sugar and roll the marzipan out to a 1cm-thick rectangle, then cut it so that it's just smaller than the base of the loaf tin.

2 Beat the butter and both sugars together in a large bowl using an electric whisk until light and fluffy. Beat in the eggs, flour, baking powder, almond extract, milk and cocoa powder until smooth. Fold in the chocolate chips, scraping down the sides of the bowl to ensure everything is combined.

3 Pour half the batter into the tin. Top with the marzipan rectangle, then pour the remaining batter on top and smooth the surface. Bake for 1 hr-1 hr 15 mins until golden, risen and a skewer inserted into the middle comes out clean. Leave to cool completely in the tin.

4 To make the ganache, bring the cream to a simmer in a small pan. Meanwhile, put the dark chocolate, golden syrup and almond extract in a heatproof bowl. Once the cream is simmering, pour it over the chocolate mixture and set aside for 2 mins to melt. Whisk until smooth, then leave for 5 mins to cool and thicken slightly. Pour the ganache all over the cake, and cut into slices to serve.

PER SERVING 653 kcals • fat 39g • saturates 21g • carbs 63g • sugars 45g • fibre 4g • protein 10g • salt 0.7g

gf tip

If you like, you could also decorate the top of the cake with marzipan fruits or other shapes for a traditional look.

LOVE YOUR LEFTOVERS GANACHE

● *Got some leftover ganache? Turn it into a delicious chocolate sauce for ice cream by heating it up and whisking in some extra double cream.*

Shoot director BEN CURTIS | Food stylist ELENA SILCOCK | Stylist LUIS PERAL





FROZEN ASSETS

SAUSAGE PASTA BAKE

Barney Desmazery makes an Italian-American classic that's the ideal make-ahead family dish for those busy days ***photograph*** MIKE ENGLISH

Sausage pasta bake

As a fan of the The Sopranos, *I've always been intrigued by a dish the Italian-Americans on that show call 'baked ziti'. It's the dish they take over to one another's houses, snack on late at night, and, like my version, pull out of the freezer for a family supper. Ziti is a longer tube of pasta, but rigatoni or penne work just as well. The sausage is optional – simply cook the bake without it and use a vegetarian alternative to parmesan for a veggie version.*

SERVES 4 PREP 30 mins
COOK 1 hr 30 mins EASY

400g rigatoni or penne
125g ball mozzarella, chopped into chunks

For the ragu

2 tbsp olive oil
6 pork sausages
4 garlic cloves, sliced
pinch of chilli flakes (optional)
1 tbsp tomato purée
1 tbsp red wine vinegar
2 x 400g cans chopped tomatoes

For the white sauce

1 tbsp butter
1 tbsp plain flour
350ml milk
50g parmesan, grated, plus extra to serve

1 To make the ragu, heat the oil in a large shallow pan or flameproof casserole. Squeeze the sausagemeat from its skins in small balls straight into the pan. Sizzle for 10 mins until browned (don't worry if the meat breaks up). Add the garlic and sizzle for another minute until starting to turn golden, then stir in the chilli flakes, if using, the tomato purée and vinegar. Tip in the tomatoes and bring to a simmer. Reduce the heat to low and bubble for 30 mins.

2 Meanwhile, make the white sauce. Melt the butter in a saucepan and stir in the flour to make a loose paste. Sizzle for a minute, then gradually whisk in the milk. Simmer gently for 10 mins, whisking occasionally to ensure the sauce stays smooth. Season and whisk in the parmesan. Remove from the heat and set aside.

3 Cook the pasta in a large saucepan of boiling water for 9 mins, or a minute less than pack instructions. Drain and return to the pan. Scrape most of the white sauce into the pasta and stir to coat. Tip in most of the ragu and most of the mozzarella and stir until just combined. Pour the pasta mixture into a large baking dish and spoon over the remaining white sauce and ragu. Dot with the rest of the mozzarella and sprinkle with extra parmesan. *Leave to cool completely, then wrap and chill for up to a day, or freeze for up to two months. Defrost in the fridge for 24 hrs before baking.*

4 Heat the oven to 190C/170C fan/gas 5. Bake for 25-30 mins until the top is slightly crisp at the edges and the cheese is melted. Leave to rest for 5-10 mins, then take the baking dish straight to the table for people to scoop onto their plates.

GOOD TO KNOW calcium • fibre • vit c • 1 of 5-a-day
PER SERVING 883 kcals • fat 39g • saturates 17g • carbs 94g • sugars 16g • fibre 9g • protein 36g • salt 1.4g



Barney is Good Food's skills & shows editor. He has worked as a chef in London, France and Australia, and is a pro at adapting restaurant recipes to make at home. @barney_desmazery

Shoot director RACHEL BAYLY | Food stylist KATIE MARSHALL Stylist FAYE WEARS



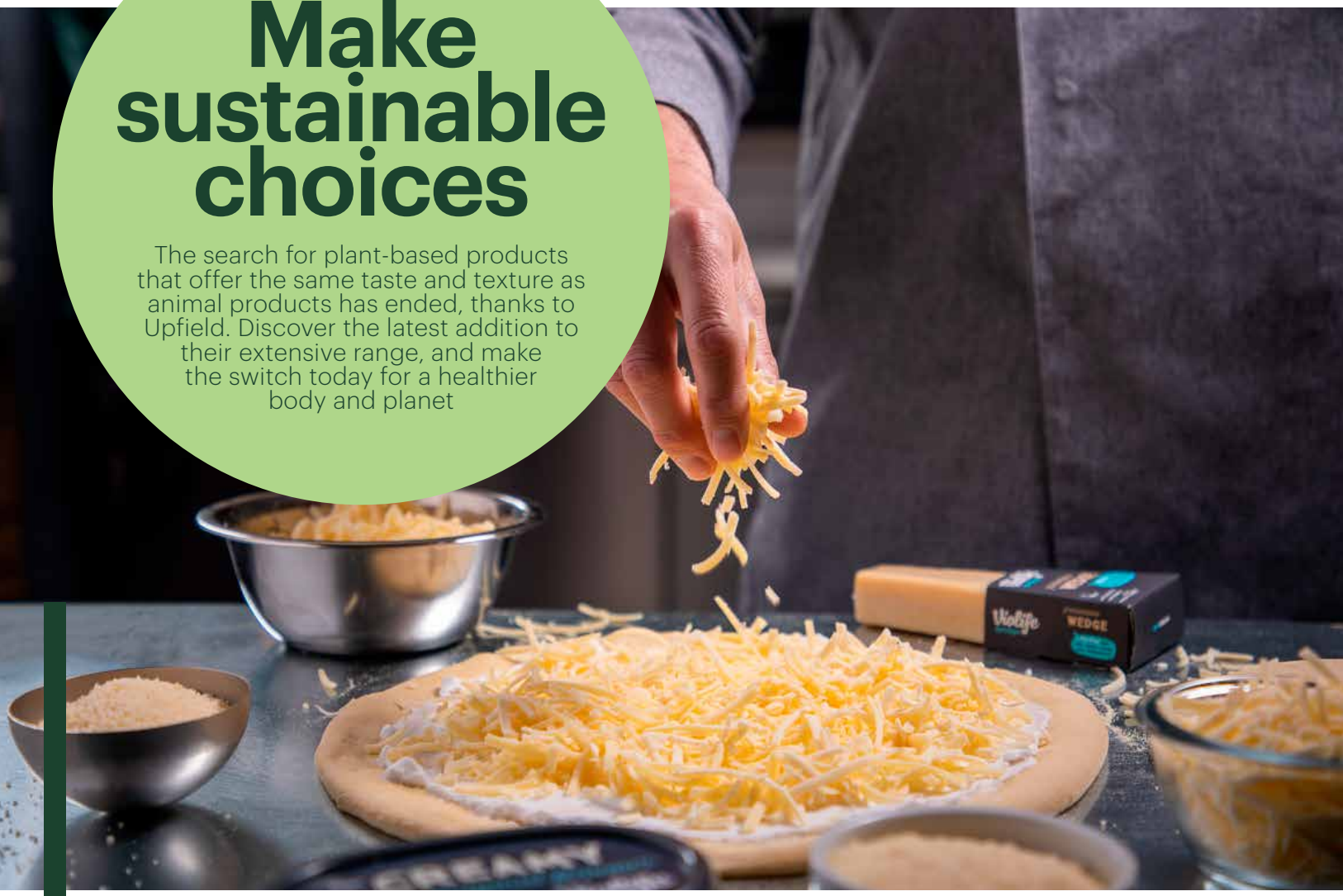
SAUSAGE MEATBALL LASAGNE

Keep the sauces separate, and layer them between the lasagne sheets. Finish with a layer of white sauce and top with the mozzarella. The freezing instructions and cooking times stay the same.

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Make sustainable choices

The search for plant-based products that offer the same taste and texture as animal products has ended, thanks to Upfield. Discover the latest addition to their extensive range, and make the switch today for a healthier body and planet



Over the last couple of years, there has been a momentous shift to plant-based eating, not just for our bodies but also for the environment. The international campaign Meatless Monday was just the start of this ever-growing lifestyle regime, one that encourages people to abstain from meat on Mondays, to improve their health and simultaneously, the planet. Ever since, plant-based alternatives have taken the market by storm, with more and more people choosing to reduce their consumption of animal-based products, and/or making a switch to veganism, to tackle the climate crisis and alarming biodiversity concerns. According to the leading research company Nielsen, between March 2019-2020, sales of meat alternatives in the US increased by a whopping 255 per cent. The global plant-based food industry is estimated to grow to $24.3 billion by 2026, which further confirms that the ascending trend for plant-based food is anything but another fad.

A plant-based diet focuses on high-quality plant foods, which means a natural increase in fibre, vitamins, minerals, plant-based antioxidants and phytonutrients. Nowadays, whether you go to a supermarket or your favourite burger joint, you are likely to find plant-based options. Restaurants have also been serving 100 per cent vegan dishes as the demand for sustainable choices ascends.

If you are looking to adopt a healthier lifestyle, and make environmentally responsible choices at home, begin by swapping your regular ingredients for plant-based options. We understand, the most common matter about shifting to a plant-based diet is missing out on some of your favourite foods. Fortunately, there are many plant-based alternatives, and Upfield has just what you need to get started - especially if you love dairy products.

Upfield is the largest global plant-based consumer products company and home to iconic brands such as Flora, Rama, Blue Band, I Can't Believe It's Not Butter and recently, Violife. In the Middle East, you can also find Rama Professional and Flora Plant

(100 per cent plant-based). The best part is, Flora Plant Butter is made with plant-based oil, contains no artificial flavours or preservatives, and is free from dairy and gluten, lending a rich, creamy taste to everything from toast to baked goods. As for the impact on the environment, Flora Plant has 50 per cent lower impact on CO2 emissions and takes half the carbon dioxide, requires two thirds less land and half the water to produce.

The latest addition to the brand's portfolio is Violife, a vegan cheese available as a block, slices, grated and in creamy form. The brand has been instrumental in vegan offerings on menus across the globe, including existing clients such as Ikea, Pizza Hut, Subway, Telepizza, Palacios and Cooplands Bakery, to name a few renowned brands. The cheese has been embraced by the vegan community as it's free from dairy, soya, gluten, lactose, nuts and preservatives, offers a similar taste and texture to regular cheese, has a great melt stretch for those grilled cheese sandwiches and burgers oozing with cheese, and tastes great on everything from pizzas and lasagne to salads.

Those in foodservice are probably aware of the demands for allergen-free and vegan options on their menus. For chefs and restaurateurs who aren't sure where to begin, Upfield Professional offers menu inspiration, solutions and training, so that you can serve flavour-packed plant-based dishes that will keep diners coming back for more.

Upfield constantly focuses on leading in this new era by aiming to deliver healthier products that taste good and have superior quality, ultimately working towards a "Better Plant-based Future" vision. The next time you go grocery shopping, make healthier and eco-friendly choices and partake in Upfield's global vision.

For more information on products and recipe inspiration, visit ***upfield.com.***







ESTHER'S VEG BOX CHALLENGE

BANANAS

Make good use of your surplus produce with ideas from BBC Good Food's deputy food editor **Esther Clark**. This month, she's created three recipes using ripe bananas

photographs KAREN THOMAS

Most people find themselves with a banana or two lingering in the fruit bowl at the end of the week, beginning to speckle and turn brown and sweet. I like to slice them, then fry them in brown sugar and cinnamon to spoon over porridge or sandwich between brown bread with honey, sea salt and butter (childhood nostalgia!). There's a small window of opportunity with ripe bananas – you have to catch them at the right time before they go too far. If they do go a bit too brown, you can use them in a banana loaf or bread – I like to mash mine and bake them into cookies, too. Serve them with ice cream, too – they work especially well with salted caramel flavour.

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Shoot director RACHEL BAYLY | Food stylist KITTY COLES | Stylist AGATHE GITS



Baked caramelised bananas

SERVES 4 PREP 10 mins
COOK 20 mins EASY V

6 ripe bananas, peeled and sliced in half lengthways
2 tbsp dark brown soft sugar
2 tbsp maple syrup
3-4 tbsp non-alcoholic rum or whisky
40g pecans, toasted and chopped
vanilla or salted caramel ice cream, to serve

1 Heat the oven to 220C/200C fan/gas 8. Toss the banana halves in an ovenproof dish with the sugar, maple syrup and non-alcoholic rum or whisky. Sprinkle with a small pinch of salt, if you like.
2 Bake for 15 mins, then remove from the oven. Heat the grill to high and grill the bananas for 3-5 mins, or until bubbling and caramelised. Spoon the bananas into bowls and scatter over the pecans. Serve with ice cream, and any of the caramelised syrup from the dish drizzled over the top.

GOOD TO KNOW 1 of 5-a-day
PER SERVING 175 kcals • fat 5g • saturates 0.4g • carbs 27g • sugars 24g • fibre 2g • protein 2g • salt 0.5g

> **There's a small window of opportunity with ripe bananas – you have to catch them before they go too far**

Spiced banana & honey French toast

SERVES 2 PREP 10 mins
COOK 10 mins EASY V

Tip **3 tbsp honey**, **½ tsp ground cinnamon** and **¼ tsp ground cardamom** into a pan. Bring to a bubble, then toss in **2 bananas**, peeled and thickly sliced. Cook for 2 mins, then remove from the heat. Beat **1 large egg** with **300ml whole milk**. Dip **4 slices of bread** into the mixture, one at a time. Melt **2 tbsp butter** in a frying pan, and fry the bread, two slices at a time, for 4 mins on each side. Repeat with the rest of the bread. Top with the bananas and some whipped cream or Greek yogurt.

GOOD TO KNOW calcium • 1 of 5-a-day
PER SERVING 521 kcals • fat 21g • saturates 12g • carbs 66g • sugars 44g • fibre 3g • protein 15g • salt 1.1g

Banana & tahini porridge

SERVES 2 PREP 5 mins
COOK 5 mins EASY V

Mix **1 tbsp tahini** with **1 tbsp milk** and 1 tbsp water. Set aside. Put **100g porridge oats** in a pan with **1 banana**, peeled and sliced, the **seeds of 2 cardamom pods**, **crushed**, 100ml milk, 300ml water and a pinch of salt. Cook over a medium heat for 5 mins, stirring until creamy and piping hot. Divide between two bowls, pour over another 50ml milk, then top with 1 banana, peeled and sliced, the tahini mixture and **1 tbsp toasted sesame seeds**.

GOOD TO KNOW healthy • fibre • 1 of 5-a-day
PER SERVING 397 kcals • fat 14g • saturates 4g • carbs 53g • sugars 18g • fibre 6g • protein 12g • salt 0.1g



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family

pack up a picnic

Whether you're heading to your garden or just setting up a picnic at home, these simple recipes will elevate your meal

recipes CASSIE BEST *photographs* ANT DUNCAN





Mini chorizo, pea & potato frittatas

You can replace the chorizo with chopped chargrilled peppers and a pinch of smoked paprika to make these frittatas vegetarian.

MAKES 6 **PREP** 8 mins
COOK 35 mins **EASY**

4 new potatoes (about 150g)
6 eggs, beaten
60g chorizo, diced
75g frozen peas, defrosted
few sprigs of parsley, finely chopped
50g cheddar, grated

1 Cook the potatoes in a small pan of boiling water for 10-15 mins until tender. Drain, then leave to steam-dry and cool.
2 Heat the oven to 180C/160C fan/gas 4. Line a six-hole muffin tin with paper or silicone cases. Tip the eggs, chorizo, peas, parsley and some seasoning into a large bowl. Slice the cooled potatoes into rounds that are the thickness of 2.8mm, and add these to the bowl. Mix gently.
3 Spoon the mixture into the cases, ensuring each has some of the potato, chorizo and peas. Sprinkle the cheese on top and bake for 15-20 mins until golden and set in the middle. Check the frittatas are set by shaking the tin gently – there should be no wobble. Leave to cool slightly and eat warm, or cool completely and chill for up to 24 hrs.

PER SERVING 172 kcals • fat 11g • saturates 4g • carbs 5g • sugars 1g • fibre 1g • protein 12g • salt 0.7g



Spiced prawn cocktail subs

MAKES 6 small rolls **PREP** 10 mins
NO COOK EASY

3 tbsp mayonnaise
1 tbsp mango chutney
¼ tsp mild curry powder
squeeze of lemon or lime juice
150g cooked prawns
6 small sub rolls
1 small Little Gem lettuce, leaves picked
small chunk of cucumber, thinly sliced

1 Mix the mayonnaise, mango chutney and curry powder with a squeeze of lemon or lime juice in a bowl. Stir in the prawns, then chill until you're ready to assemble.
2 To serve, split the sub rolls across the top, line each with a lettuce leaf and a few slices of cucumber, then spoon in the prawn filling.

PER SERVING 199 kcals • fat 7g • saturates 1g • carbs 24g • sugars 3g • fibre 2g • protein 9g • salt 0.9g

gf tip
If you're travelling for your picnic, split the rolls before leaving and pack the prawn filling, lettuce leaves and cucumbers into separate containers to assemble the subs later.





Sticky lime & coconut chicken drumsticks

MAKES 6 **PREP** 10 mins
plus at least 2 hrs marinating
COOK 50 mins **EASY**

400g can coconut cream
1-2 tbsp Thai green curry paste
(depending on how hot you like it)
1 lime, zested and juiced
3 tbsp honey
6 chicken drumsticks

1 Mix the coconut cream, curry paste, lime zest and juice and 1 tbsp honey together in a large bowl, then spoon a quarter of the marinade into a second smaller bowl and set aside. Add the chicken to the large bowl and leave to marinate for at least 2 hrs, or chill for up to 24 hrs.
2 Heat the oven to 200C/180C fan/gas 6 and line a baking tray with foil. Arrange the chicken on the tray, and bake for 30 mins, turning the chicken over halfway through.
3 Mix the remaining honey into the reserved small bowl of marinade. Brush half of this over the chicken, then return to the oven for 10 mins more. Turn the chicken over and brush with the rest of the marinade, then bake for another 10 mins. Serve warm or leave to cool completely before packing into a container for a picnic.

PER COOKIE 365 kcals • fat 28g • saturates 21g • carbs 13g • sugars 13g • fibre none • protein 15g • salt 0.2g

Shoot director JACK HUNTLEY | Food stylist KATY GILHOOLY | Stylist AMY KINNEAR

Mini cheese & onion pasties

These little pasties freeze well and can be cooked straight from frozen, so if you won't eat all 12 within a few days, simply freeze half the batch.

SERVES 10-12 **PREP** 30 mins
COOK 35 mins **EASY** V ❄

1 tbsp vegetable oil
2 onions, sliced
4 thyme sprigs, leaves picked
150g mature cheddar (or a mixture of strong hard cheeses), grated
1 tbsp wholegrain mustard
4 spring onions, sliced

For the pastry

250g plain flour, plus extra for dusting
125g cold butter
large pinch of cayenne pepper
½ tsp English mustard powder
1 large egg, beaten

1 First, make the pastry. Tip the flour into a bowl. Holding the block of butter in its wrapper, grate it directly into the flour (you may need to dip the end of the butter into the flour occasionally if it becomes sticky). Add the cayenne pepper, mustard powder and half the beaten egg, and season with a pinch of salt. Bring everything together with your hands until the mixture starts to clump together. Tip the pastry onto the work surface and knead very briefly into a smooth ball, adding up to 3 tbsp cold water if it's too dry. Squash the pastry into a disc. Wrap and chill while you make the filling.

2 Heat the oil in a frying pan and cook the onions and thyme leaves for 8-10 mins until the onions have softened and started to caramelise. Tip into a bowl and leave to cool. Once cool, mix in the grated cheese, mustard and spring onions.

3 Heat the oven to 200C/180C fan/gas 6 and line a baking tray with baking parchment. Roll the chilled pastry out on a lightly floured surface to the thickness of 2.88m. Cut out as many 10-12cm circles as you can (you can use a cup or mug as a template), then re-roll any off-cuts and repeat. You should get about 10-12 circles in total.

4 Spoon a mound of the filling into the centre of each pastry circle, leaving the edges clear. Working with one circle at a time, brush a little of the remaining beaten egg around the edge, then bring two sides up to meet in the middle in a half-moon shape. Pinch the pastry together, crimping the edge to seal. Transfer to the baking tray and repeat with the remaining pastry circles and filling. Brush all the pasties with some beaten egg. *Will keep frozen for two months.*

5 Bake the pasties for 20-25 mins (or 40-45 mins from frozen) until the pastry is deep golden brown. Leave to cool for at least 10 mins before eating warm, or cool completely and pack into containers for a picnic. *Will keep in an airtight container for up to three days.*

PER SERVING 235 kcals • fat 15g • saturates 8g • carbs 18g • sugars 2g • fibre 1g • protein 6g • salt 0.5g





Peanut butter cookie cups

MAKES 12 **PREP** 25 mins plus 1 hr setting **COOK** 18 mins **EASY** **V**

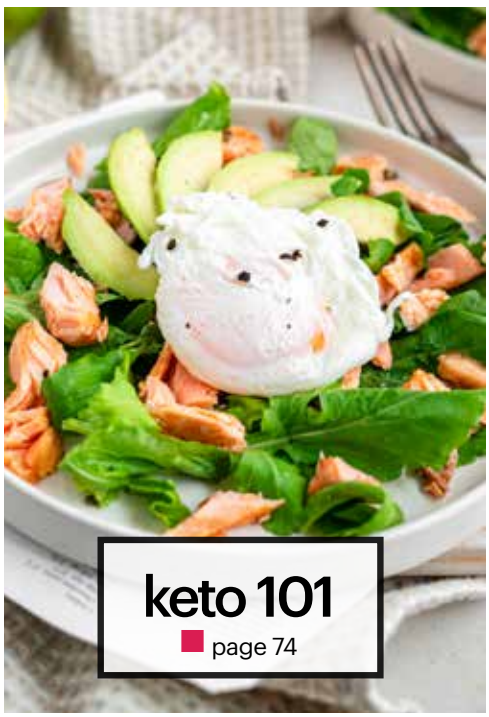
175g butter, softened
200g light brown soft sugar 100g golden caster sugar
1 tbsp vanilla extract
1 large egg
250g plain flour
½ tsp bicarbonate of soda
150g dark chocolate (at least 70% cocoa solids)
240g peanut or almond butter

1 Heat the oven to 190C/170C fan/gas 5. Tip the butter, sugars and vanilla into a bowl and beat with an electric whisk until pale and fluffy. Beat in the egg. Add the flour, bicarb and a pinch of salt, and mix everything together with a spatula.
2 Break off golf-ball-sized lumps of dough (about 65g each) and press into the holes of a 12-hole muffin tin, ensuring it comes up the sides – if you're using a deep muffin tin, the dough should come about halfway up the side of each hole. Bake for 15 mins until golden. The dough will sink as it bakes, so leave until cool enough to handle, then press it up the sides of the holes again. Leave to cool completely.
3 Break the chocolate into a heatproof bowl and melt until smooth in the microwave in 20-second bursts, or set over a pan of barely simmering water ensuring the bowl doesn't touch the water. Remove the cookie cups from the tin (you may need a cutlery knife to help you do this). Spoon 1 tsp nut butter into the centre of each, then cover with the melted chocolate. Leave to cool until the chocolate sets, about 1 hr. *Will keep in an airtight container for up to five days.*

PER SERVING 492 kcals • fat 28g • saturates 13g • carbs 48g • sugars 29g • fibre 3g • protein 9g • salt 0.6g

health

Delicious recipes and top nutrition tips



keto 101

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KETO 101

Lee Sandwith, CEO & Co-founder at Ingfit, discusses the various elements of the Ketogenic diet and why this high protein diet is effective for weight loss



The word keto comes from the term ketosis; a metabolic state where the body produces molecules called ketone bodies used for fuel instead of glucose. The scientific term is actually ketogenesis, which translates into generates ketones.

The body does this by using fat as the main energy source instead of carbs, essentially by converting fat into these ketone molecules. When we talk about fat, we're talking about two things. First, dietary fat (i.e. any fat that you consume in the diet). And second, we're talking about fat stored on your body in the form of what's technically referred to as adipose tissue, which is just a fancy term for body fat.

The keto diet, therefore, is one which encourages the body to switch its main fuel source from glucose to ketones through the process of ketogenesis. The best way to think about ketosis is that it's a secondary backup energy system that evolved over time to allow humans to survive and thrive during times of food scarcity. There are a number of ways to encourage the body to switch to ketosis. The most direct way is through fasting as, over time, the body will burn off any excess glucose and will need to generate the energy it needs from body fat. However, what has become popular over recent years is what's called nutritional ketosis. This is where we drive ketosis through making changes to the diet; specifically, by keeping carbs incredibly low.

THE BENEFITS

This diet requires a very disciplined approach to macronutrients, primarily carbs and protein. Carbs must be kept incredibly low, normally in the region of 20-50g per day for newbies; however, this varies from person to person. For example, people who are more experienced, or what we call "fat adapted" or folks who are extremely athletic, can usually

MYTH DEBUNKED!

The major myth is that keto causes ketoacidosis; a dangerous condition where the body produces dangerously high levels of ketone bodies, which can lead to a coma or be fatal. It is mainly seen in people with Type 1 Diabetes and for that reason, it's usually called Diabetic Ketoacidosis. The issue is where the body can't produce enough insulin to use glucose. This is not the same as nutritional ketosis which produces ketone levels around three to five times lower than ketoacidosis.



tolerate much higher levels without impacting ketosis. Personally, I can tolerate high levels whilst still maintaining high ketone levels, often up to 200g per day!

In terms of protein, this must be managed to a moderate level as too much can promote a process called gluconeogenesis. This is where the body converts protein into glucose which would negate the need for the body to create ketones, hence inhibiting ketosis. Protein targets depend on the goals of the individual. Most people should aim for something like 0.8-1.2g per kg body weight, although, anyone looking to build muscle might need more. The remaining calories would then need to come from dietary fat which would normally be between 70-80% of daily calories, hence why keto is classed as a high-fat diet.

The main reason keto has become incredibly popular is due to how effective it is for weight loss. A high percentage of people lose weight very quickly and permanently change their way of eating, so they keep the weight off. Incredibly, the success rate seems to be much higher than seen in conventional diets, and especially for people who have struggled with the calories in, calories out model.

There are a number of theories as to why keto has gained fame, involving the hormone insulin. One of insulin's main roles is to store excess energy which is why it's often referred to as the fat-storage hormone. The theory is that when insulin is low, we are burning energy, and when insulin is high, we're storing energy.

When you're following a diet super high in carbs, insulin levels will be on the high side but when you switch to keto, insulin levels will be suppressed to very low levels. The jury is still out on all of this in the scientific community, so it's always best to keep an open mind.

Additionally, the ketogenic diet is a scientifically proven intervention for Type-2 Diabetes and a long list of various health conditions. It's unfortunate that this information hasn't made its way into the public domain, especially given the high prevalence of Type-2 Diabetes in the UAE. Unfortunately, the standard of care is life-long medication, but Type-2 can actually be reversed, just by making dietary and lifestyle changes. In the UAE, we work in partnership with a number of practising physicians who are using keto to reverse Type-2 Diabetes.

Beyond this, there are emerging clinical applications too, as research is starting to show potential benefits with hormone imbalances, inflammation, brain-related diseases, and cancer. You will also experience stable energy levels, supercharged mental focus and have more control over your appetite.

IS IT SUSTAINABLE?

For most people, keto is most definitely sustainable and the majority of people consider it a permanent lifestyle change rather than a diet. When done correctly, you'll be following a diet comprising high-quality whole foods, ditching highly processed, refined carbs and junk food.

Highly processed carbs and junk food are now being highlighted as one of the major causes of most incommunicable diseases reported in the contemporary world. Switching to a whole foods-based diet, regardless of the carb count, is arguably the single most important health decision you could make for yourself and your family. The good thing is that people are starting to wake up to this fact which is one of the reasons the keto diet is gaining popularity.

However, despite all of the benefits, there are also a number of side effects and risks, so the diet is definitely not for everyone. Before starting, educate yourself on the pros and cons and make an informed decision on whether the keto diet is right for you. Nutrition is the most important factor, however, adding exercise to your daily routine will definitely accelerate the process. I always advise my clients to apply the 80/20 rule: 80 per cent nutrition, 20 per cent exercise.

But really, you shouldn't be thinking about it like this. Humans are not meant to be sedentary. We're supposed to be active every single day, ideally outdoors and in the sunshine. Exercise is essential to allow us to function normally. It should be non-negotiable.

We are strong believers in the power of community, which is why we have been building a great keto community over the last few years. Follow us on Keto and Primal Health UAE (Facebook) and visit ingfit.ae.





Poached eggs over avocado & smoked salmon

Avocados are a favourite for most keto fans because they are low in net carbs (carbs – fibre) and relatively high in fat compared to most fruits and vegetables. They also provide lots of important micronutrients including vitamin K, folate, vitamin C, and potassium; the latter of which is a keto essential electrolyte.

SERVES 2 **PREP** 10 mins
COOK 5 mins

1 tbsp apple cider vinegar
Pink Himalayan salt
2 cups green leafy salad (e.g. rocket, kale, spinach)
1 lemon
100g smoked salmon
1 Hass avocado
4 large eggs
Freshly ground black pepper, to taste

1 Equally, divide the greens and add to two small plates, squeezing a dash of lemon juice onto each. Divide the smoked salmon and lay it on top of the greens.
2 Cut the avocado into slices and place on top of the smoked salmon with another squeeze of lemon juice.
3 To get the perfect poached eggs, boil 2-3 inches of water in a pan, add the apple cider vinegar and a dash of pink Himalayan salt. Bring to the boil, reduce heat to a simmer, then swirl the water with a ladle to create a vortex in the centre.
4 Crack an egg into a small prep bowl then carefully slip it into the centre of the vortex. Repeat this for the remaining eggs.
5 Poach for 2-3 mins depending on how you like it, then carefully remove each egg with a slotted spoon. Remove any excess water, then transfer each egg on top of the avocado and smoked salmon. Season with salt and pepper.

NUTRITIONAL INFO (PER SERVING) energy 348 kcal • total carbs 10.3g • fibre 6.8g • net carbs 3.5g • fat 23.5g • protein 25.7g

5 healthy ways

avocado

Potassium-rich avocados can turn a dull dish into something special. These easy ideas make good use of the ripe fruit for a healthy lunch or light dinner



1 Vegan kebabs with avocado dressing

SERVES 4 PREP 30 mins
COOK 10 mins EASY V

Mix **3 tbsp olive oil** with **2 garlic cloves**, crushed, **1 tsp chilli flakes** and **3 rosemary sprigs**, finely chopped. Cut **4 portobello mushrooms** into quarters, then stone **4 peaches** and cut these into quarters too. Cut **2 red onions** into eight wedges each, and cut **2 large courgettes** into eight chunks each. Thread alternate pieces of the veg and fruit onto eight metal skewers – you should be able to get two pieces of everything on each. Brush the kebabs with the flavoured oil and season, then set aside. *The kebabs can be made a day ahead and chilled.* Heat a barbecue or the grill to its highest setting. Meanwhile, blitz **1 avocado**, stoned and peeled, the **juice of ½ lemon** and 50ml water until smooth. Season. Whisk the juice of ½ lemon with ½ tbsp olive oil and **½ tsp wholegrain mustard**, then toss with a **large bag of rocket salad** and **2 tsp toasted mixed seeds**. Barbecue or grill the skewers for 4-5 mins on each side, or until cooked through and charred. Pile onto a platter and serve with the avocado dressing and salad on the side.

GOOD TO KNOW vegan • healthy • low cal • folate • fibre • vit c • 4 of 5-a-day • gluten free
PER SERVING 295 kcals • fat 20g • saturates 3g • carbs 15g • sugars 12g • fibre 8g • protein 9g • salt 0.1g

2 Crispy chicken & smashed avocado baps

SERVES 4 PREP 30 mins
COOK 10 mins EASY

Put **2 large skinless chicken breasts** on a board and cover with a sheet of baking parchment. Bash with a rolling pin to an even thickness, then cut both breasts in half diagonally. Put **100g plain flour** on a plate. Season. Combine **1 beaten egg** and a **splash of milk** in a wide, shallow bowl. Dust the chicken in the flour, shake off the excess, then dunk into the egg mix. Add **3 tbsp ground almonds** and **1 tbsp sesame seeds** to any remaining flour on the plate and coat the chicken in the mixture. Heat **1½ tbsp vegetable oil** in a large frying pan over a medium heat and fry the chicken for 4-5 mins on each side until crisp and golden, adding another 1½ tbsp oil when you turn the pieces over. Cut into the thickest part of one of the pieces to check it's cooked through, then leave to cool for 5 mins. Scoop the flesh from **2 small avocados**, stoned and peeled, into a bowl with the **juice of ½ lime** and a pinch of salt, then mash. Spread this over **4 split baps**, top with the **leaves of 1 Little Gem lettuce**, then the chicken. Cut in half.

GOOD TO KNOW healthy • fibre • 2 of 5-a-day
PER SERVING 613 kcals • fat 31g • saturates 4g • carbs 44g • sugars 3g • fibre 6g • protein 36g • salt 0.6g

3 Masala frittata with avocado salsa

SERVES 4 PREP 15 mins
COOK 25 mins EASY V

Heat **2 tbsp rapeseed oil** in a medium non-stick, ovenproof frying pan over a medium heat, and cook **2½ onions**, thickly sliced, for about 10 mins until soft and golden. Add **1 tbsp madras paste** and fry for 1 min more, then tip in **250g halved cherry tomatoes** and **½ red chilli**, deseeded and finely chopped. Cook until the mixture is thick and the tomatoes have burst. Heat the grill to high. Mix **½ small bunch of coriander**, roughly chopped, with **8 large eggs**. Season. Pour the egg mixture over the onions. Stir gently once or twice, then reduce the heat to low and cook for 8-10 mins until almost set. Grill for 3-5 mins until fully set. Mix **1 avocado**, stoned, peeled and cut into cubes, ½ red chilli, deseeded and finely chopped, 250g halved cherry tomatoes, ½ onion, finely chopped, ½ small bunch of coriander, roughly chopped, and the **juice of 1 lemon** together, then season and serve with the frittata.

GOOD TO KNOW healthy • low cal • folate • vit c • 2 of 5-a-day
PER SERVING 347 kcals • fat 25g • saturates 5g • carbs 12g • sugars 9g • fibre 5g • protein 16g • salt 0.5g



Linguine with avocado, tomato & lime

4 Linguine with avocado, tomato & lime

SERVES 2 PREP 20 mins
COOK 10 mins EASY V

Cook **115g wholemeal linguine** following pack instructions. Meanwhile, put the **zest and juice of 1 lime** in a medium bowl with **1 avocado**, stoned, peeled and chopped, **2 chopped tomatoes**, **½ bunch of coriander**, chopped, **1 red onion**, finely chopped, and **1 red chilli**, deseeded and finely chopped (if you like). Mix well. Drain the pasta, toss into the bowl with the veg, and mix well. Serve straightaway, or enjoy cold.

GOOD TO KNOW vegan • healthy • low cal • fibre • vit c • 3 of 5-a-day
PER SERVING 450 kcals • fat 20g • saturates 4g • carbs 49g • sugars 11g • fibre 13g • protein 11g • salt 0.4g

5 Guacamole & mango salad with black beans

SERVES 2 PREP 15 mins
NO COOK EASY V

Put the **zest and juice of 1 lime**, **1 small mango**, stoned, peeled and chopped, **1 small avocado**, stoned, peeled and chopped, **100g halved cherry tomatoes**, **1 red chilli**, deseeded and chopped, and **1 red onion**, chopped, in a bowl. Stir through **½ small bunch of coriander**, chopped, and a **400g can black kidney beans**, rinsed (see below).

GOOD TO KNOW vegan • healthy • low cal • folate • fibre • vit c • 4 of 5-a-day • gluten free
PER SERVING 341 kcals • fat 15g • saturates 3g • carbs 33g • sugars 18g • fibre 15g • protein 11g • salt 0.7g

If you can't find black beans, red kidney beans are the next best choice. Choose canned beans in water, rather than brine

quick fix

5-ingredient dinners

Healthy meals don't always require a long shopping list. These simple, nutritious suppers are made using just a handful of ingredients and storecupboard staples

recipes ESTHER CLARK *photographs* RYAN BALL



Creamy pesto & kale pasta

IRON · VIT C · 1 OF 5-A-DAY

SERVES 4 **PREP** 10 mins
COOK 25 mins **EASY** V

1 tbsp rapeseed oil
2 red onions, thinly sliced
300g kale
300g wholemeal pasta (penne or mafalda work well)
4 tbsp reduced-fat soft cheese
4 tbsp fresh pesto or vegetarian alternative

1 Heat the oil in a large pan over a medium heat. Fry the onions for 10 mins until softened and beginning to caramelise. Add the kale and 100ml water, then cover and cook for 5 mins more, or until the kale has wilted.
2 Cook the pasta following pack instructions. Drain, reserving a little of the cooking water. Toss the pasta with the onion mixture, soft cheese and pesto, adding a splash of the reserved cooking water to loosen, if needed. Season.

GOOD TO KNOW healthy • low cal • calcium • folate • fibre • vit c • iron • 1 of 5-a-day
PER SERVING 428 kcals • fat 13g • saturates 3g • carbs 55g • sugars 6g • fibre 11g • protein 17g • salt 0.7g

For 5-ingredient recipes, we assume you already have storecupboard staples like oil.

Saucy bean baked eggs

FIBRE FOLATE CALCIUM

SERVES 2 PREP 5 mins
COOK 20 mins EASY

2 x 400g cans cherry tomatoes
400g can mixed bean salad, drained
200g baby spinach
4 medium eggs
50g thinly sliced smoked beef or turkey ham, torn
wholemeal rye bread, to serve (optional)

1 Tip the tomatoes and bean salad into an ovenproof frying pan or shallow flameproof casserole dish. Simmer for 10 mins, or until reduced. Stir in the spinach and cook for 5 mins more until wilted.
2 Heat the grill to medium. Make four indentations in the mixture using the back of a spoon, then crack one egg in each. Nestle the ham in the mixture, then grill for 4-5 mins, or until the whites are set and the yolks runny. Serve with rye bread, if you like.

GOOD TO KNOW healthy • low cal • calcium • folate • fibre • vit c • iron • 3 of 5-a-day • gluten free
PER SERVING 366 kcals • fat 12g • saturates 3g • carbs 27g • sugars 15g • fibre 10g • protein 32g • salt 1.04g





Miso mushroom & tofu noodle soup

1 OF 5-A-DAY · LOW CAL · HEALTHY

SERVES 1 **PREP** 10 mins
COOK 15 mins **EASY** V

1 tbsp rapeseed oil
70g mixed mushrooms, sliced
50g smoked tofu, cut into small cubes
½ tbsp brown rice miso paste
50g dried buckwheat or egg noodles
2 spring onions, shredded

1 Heat half the oil in a frying pan over a medium heat. Add the mushrooms and fry for 5-6 mins, or until golden. Transfer to a bowl using a slotted spoon and set aside. Add the remaining oil to the pan and fry the tofu for 3-4 mins, or until evenly golden.

2 Mix the miso paste with 325ml boiling water in a jug. Cook the noodles following pack instructions, then drain and transfer to a bowl. Top with the mushrooms and tofu, then pour over the miso broth. Scatter over the spring onions just before serving.

GOOD TO KNOW healthy • low cal • 1 of 5-a-day
PER SERVING 377 kcals • fat 17g • saturates 2g • carbs 38g • sugars 2g • fibre 4g • protein 17g • salt 1.5g

Shoot director GARETH JONES | Food stylist ESTHER CLARK | Stylist FAYE WEARS

GOURMET LIFESTYLE



Competitions, **p86**

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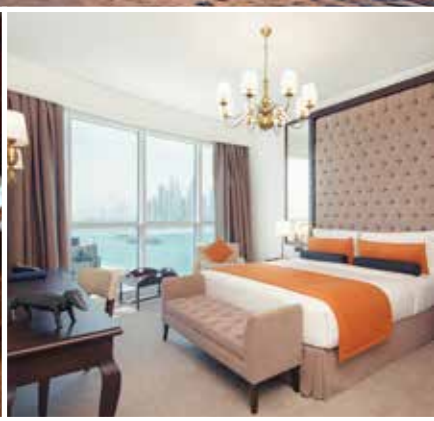
This season, experience the Summer Staycation Promo inclusive of breakfast at Great British Restaurant, and AED250 credit per room per night, fully redeemable on food and beverages. Guests can choose between one of the 279 rooms, inclusive of 36 suites, as well as 285 studio and one-bedroom apartments. Children also enjoy complimentary access to the fantastic Dukesy Kids Club, where they can play and stay, as you and your partner while away with a good read.

When the hunger pangs kick in, take your pick from flavour-packed menus at Great British Restaurant, Khyber and/or the Tea Lounge. A Special Set Menu and Summer Set Menu is served daily for dinner at Khyber, where you can feast on a rich North Indian palate of flavours. This award-winning restaurant is one to dine at for breath-taking murals, ornate details and incomparable delicacies. In the mood for something different? Great British Restaurant hosts daily Theme Nights, where you can savour British food on Sunday, Italian on Monday, Asian cuisine on Tuesday, an international buffet on Wednesday, Mediterranean specialities on Thursday, Russian specials on Friday and wholesome Arabic food on Saturday nights.

The Summer Set Menu is priced at AED99 per person and the Special Set Menu is AED120 per person, at Khyber. Theme Nights at Great British Restaurant are priced at AED120 per person, 50 per cent off for children between 6-12 years old and free of charge for kids below 5 years old.











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COMPETITIONS

Fabulous prizes, from dining vouchers to gourmet goodies, up for grabs



STAYCATION FOR TWO AT LE ROYAL MÉRIDIEN BEACH RESORT & SPA, WORTH OVER AED3,000

Le Royal Méridien Beach Resort & Spa is offering two guests a half board, one-night stay in a Deluxe room. Overlooking the Arabian Gulf, and set amidst landscaped gardens, the luxury resort with three swimming pools, recreational activities, direct access to Jumeirah Beach, a Kids Club and state-of-the-art fitness centre, is an ideal choice for a relaxing escape in Dubai. The resort is also home to an array of international, award-winning restaurants that serve everything from Pan Asian and Indian to Italian and Mexican flavours.



VOUCHER FROM BRITISH GASTROPUB, REFORM SOCIAL & GRILL, WORTH AED500

Following the launch of their summer garden and a schedule crammed with family-friendly events, the British Gastropub, Reform Social & Grill, invites diners to tuck into a breakfast of champions or a succulent weekend roast. For a slice of British cuisine, dine à la carte on a classic fish-finger butty, pie and chips or The Reform Burger, served in a sesame-topped bun with cheddar cheese, tomato, baby gem, smoky mayo and skinny fries. One lucky winner will receive dining credit to spend at Reform Social & Grill.



STORE CREDIT FROM MARKS & SPENCER, WORTH AED500

To celebrate the relaunch of its renowned in-store bakeries, Marks & Spencer is offering one lucky winner store credit. With a striking new pastel colour scheme and catchy slogans such as "You're a smart cookie", the brand's assortment of elevated bakery treats are perfect for sharing and indulging. From savoury twists with classic Marmite and cheddar, to sweet and flaky lattice pastries filled with crunchy pecans and sticky maple syrup, Marks & Spencer promises great quality and taste.

Images SUPPLIED



DINE-IN EXPERIENCE AT MONDOUX DUBAI CREEK HARBOUR, WORTH AED500

Sited at the picturesque Dubai Creek Harbour, European-inspired lifestyle restaurant Mondoux is one of the neighbourhood's must-visit destinations. Combining incredible food, attentive service, upscale interiors and stunning views, it is the perfect venue for all occasions, be it a family meal, a dinner date or a coffee catch-up. Mondoux's extensive all-day menu includes dishes such as croque madame, mushroom risotto and tuna steak with toasted butternut squash and zucchini, as well as sweet and savoury crepes, delightful cheesecakes and hot beverages.



AN F&B VOUCHER FROM INDIA PALACE, WORTH AED500

One lucky person will win an F&B voucher from this renowned Indian restaurant. India Palace's cuisine has been inspired by the essence of India where traditionally rich north-west frontier food meets the modern, international art of cooking. Diners can look forward to rich, exotic flavours formulated by guarded secret recipes handed down from royal Mughal kitchens. The first India Palace opened in 1997 in the UAE, and since then, has expanded to twelve locations spread across Dubai, Abu Dhabi, Sharjah, Al Ain and Ras Al Khaimah.



A VOUCHER TO DINE AT LA FABBRICA ITALIANA, WORTH AED500

The UAE's first and only focacceria, La Fabbrica Italiana, is offering one lucky winner a dining experience. With only three items on the menu, the first dish includes a 2000-year-old re-created focaccia recipe, made with a 72-hour fermented dough and topped with ingredients such as truffle and bresaola. Up next is a creamy burrata and lastly, indulge in La Fabbrica's tiramisu, which is the exact replica of the original recipe first served in 1958 to a Greek princess. La Fabbrica will soon be creating a breakfast menu too.



DINING EXPERIENCE FOR TWO AT SEAGRILL BISTRO AT FAIRMONT THE PALM, WORTH AED500

Seagrill Bistro, sited at the lavish Arabian-inspired family resort Fairmont The Palm, is a Mediterranean restaurant that serves market-fresh seafood platters and juicy grills. Dine at this gorgeous restaurant or cosy up next to the wood-burning barbecue pit on the terrace looking out to the beach and cityscape. The venue is offering a voucher for two to enjoy an extensive selection of starters, seafood platters, main courses, desserts and more.



A FRESHCASH VOUCHER FOR FRESH GROCERIES, WORTH AED500

FreshToHome delivers fresh groceries and essentials to all seven emirates in the UAE at pocket-friendly prices, through the FreshToHome app and freshtohome.com. Enjoy 100% fresh produce – sourced directly from farmers and fishermen – free from chemicals, hormones, antibiotics and preservatives. The brand delivers poultry, meat, fruits and veggies, and ready-to-cook items along with bakery, pantry and seasonal products, while offering their trademarked "Fresh or Free" money-back guarantee on product quality and taste. One lucky winner will receive a FreshCash e-voucher.



SWISS-STYLE CHEESE FONDUE FEAST AT ALPHORN RESTAURANT, REVIER DUBAI, WORTH OVER AED500

Indulge in a sumptuous Swiss-style cheese fondue set, complete with creamy melted cheese and delightful condiments at Alphorn Restaurant at Revier Dubai, Business Bay. This new hotspot offers international cuisine and decadent Swiss dishes with a casual, contemporary ambience. One lucky winner will receive a complimentary voucher for four to an exclusive Friday night Swiss-style Cheese Fondue Feast, complemented by refreshing soft beverages.

To be in with a chance of winning these prizes, visit our competitions page on bbcgoodfoodme.com, or simply scan this QR code with your mobile to directly to the website.

*Terms & conditions apply. Employees of CPI Media Group and entrants below 21 years old are not eligible to enter. Winners will be selected on random basis from correct entries.









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